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THE PORTUGAL News

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Boeings for Beja

Tourism in the Alentejo could be on the verge of an unprecedented boom as work on the future Beja airport nears conclusion. (See Pages 2 and 3)

Dakar rally to return to Portugal in 2011

The Dakar Rally should return to Africa in 2011, with the starting point returning to the Portuguese capital it emerged this week. (See Page 4)

TAP plane tailed by fighter jets

An Airbus A320 belonging to Portugal's national airline TAP caused chaos in European airspace last weekend after it lost all communication while flying over Belgium, en-route to Copenhagen, and was intercepted by two German Phantom F-4 fighter planes that were dispatched by NATO. (See Page 7)

Portugal sixth for most days of rest

Statistics from the Worldwide Benefit and Employment Guidelines study, which provides data on work ethics and regulations, have revealed that Portugal ranks sixth on a global scale of countries with most days of rest in a year. (See Page 9)

Superbikes return to Portimão

With three titles to be decided this weekend at the Autodromo Internacional do Algarve (AIA) in Portimão, organisers are expecting a record turn-out for the event. (See Page 55)

Weekend weather

Lisbon: After the rain, blue skies will return for much of next week with temperatures once more resembling those customary of early autumn. Faro: The weekend will start with blue skies before becoming progressively cloudier next week though no rain is forecast. Oporto: Isolated showers are expected this weekend, but next week will see blue skies return to the North.

Upcoming holidays in Portugal

Nov 1. Some shops usually open on Sundays may be closed.

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Dismay as children and elderly excluded from priority jabs despite international recommendations

SWINE FLU VACCINE HERE

Health authorities have promised a smooth vaccination process despite the uncertainty that has marred the countdown to swine flu vaccinations which are set to commence next week. Hundreds of thousands of children will only be given their jab next year after being excluded from the Government's priority list while concerned parents were amongst those responsible for this week depleting the nation's stocks of the seasonal flu vaccine.

Swine flu, see p.5



As from next week Monday, thousands of Portuguese considered 'priority' will be given a shot at receiving the swine flu vaccine. (Photo: EPA/Lewis Why)

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Boeings for Beja



Signs indicating the arrival and departure areas at Beja Airport are now in place. (Photo: The Portugal News)

Tourism in the Alentejo could be on the verge of an unprecedented boom as work on the future Beja airport nears conclusion. It will be the culmination of a €33 million investment to convert a former military base into an international civil airport that is of strategic importance for both regional and national tourism and which will accommodate long-haul aircraft such as the wide-body Airbus A340 or the high-body Boeing 747.

Initial hopes that Beja airport would open this year were dashed after a series of "planned delays" saw its predicted opening date pushed forward to 2010.

In an exclusive interview with *The Portugal News* José Queiroz, president of EDAB – the Beja Airport Development Company – confirmed "It will be next year".

"I don't know exactly when, as it hasn't been discussed, but it will preferably be during the first three months of next year".

"I don't think it is necessary to look beyond that deadline", he said.

José Queiroz, an electro-technical engineer with nearly four decades' experience and projects that include the development of Macau airport to his name, held the interview with *The Portugal News* at EDAB's Beja headquarters on Monday this week, having travelled down from Lisbon.

Mr. Queiroz was nominated by the Government to oversee the project.

The airport's management is currently in the midst of being handed over to ANA – Airports of Portugal, who are now also responsible for negotiations with airlines, none of which have, as yet, been confirmed.

Initial reports suggested Beja would be an exclusively "low-cost" airport, with Irish airline Ryanair being indicated as its key carrier.

At the time of these reports,

in February this year, Ryanair's European Communications Manager Daniel de Carvalho told *The Portugal News*: "Ryanair is negotiating with well above 200 airports. All those negotiations are confidential. There is no such agreement as referred if not announced by Ryanair".

On Tuesday *The Portugal News* spoke to ANA Press Officer Rui Oliveira who acknowledged the general growing inter-

est in which airlines will be operating from Beja, but at the time of going to press could not confirm names.

José Queiroz confirmed that various airlines "within the low-cost genre" had expressed "direct and indirect" interest in operating from Beja, as had many of the region's main tour operators, who are considering operating charter flights from that airport "to bring people to their resorts".

"For marketing purposes, and for an initial period, it is probable that Beja's operations will commence with low-cost carriers and just a few flights a day", said Mr. Queiroz,

who added that with the progressive growth of the infra-structure, medium and long-haul flights to destinations such as China and the USA could be introduced.

No restrictions apply to the size or type of aircraft that can land or take off from Beja airport, which has a runway of over three kilometers in length and is designed to accommodate up to 13 Boeing 737 or Airbus 320 at any one time, or a combination of five of the afore-mentioned aircraft along with five wide or high-body aircraft. This means Beja could eventually offer a wider variety of destinations and direct flights than the Algarve's Faro airport, which mainly operates short-haul flights to European destinations.

"Faro has a problem with its



José Queiroz, President of the Beja Airport Development Company. (Photo: The Portugal News)

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Music group in hospital following coach crash



The overturning of a coach in Alto da Arrifana in the Santa Maria da Feira district which caused one death and dozens of injuries on October 17th. (Photo: Lusa / Paulo Novais)



A bus carrying a musical ensemble of 27 people crashed on Sunday evening in Arrifana, Santa Maria da Feira, just 10 minutes away from where the band was scheduled to play little over an hour later.

All of the band's musicians plus the bus driver were rushed to four different regional hospitals, the driver later being transferred to Oporto's São João Hospital.

The band, from Águeda, was guest of honor at the anniversary celebrations for the Oleirense Musical Association and was also to take part in a March against Poverty, both of which were to take place in Santa Maria da Feira.

A crowd of over 2,000 people gathered at the scene of the accident to watch rescue operations, which were carried out by a force of more than 100 police officers, rescue services and medical authorities.

No official explanation for the accident has, as yet, been put forward, but locals claim the geographical layout of the accident, a tight corner with no illumination, could be a possible cause.

Dakar rally to return to Portugal in 2011

The Dakar Rally should return to Africa in 2011, with the starting point returning to the Portuguese capital, the promoter of two of these events in the country, João Lagos, revealed this week.

"We know the next Dakar will be in South America – Argentina/Chile – but everything points to the return of the 'grand' Dakar in January 2011", the Portuguese entrepreneur was quoted as saying.

Organisers called off the annual Lisbon-Dakar Rally last year on the eve of the trans-Sahara race, citing security concerns and terror threats.

"I have very bad news, the Dakar 2008 will not take off" Saturday, Etienne Lavigne, of the France-based Amaury Sport Organization (ASO), told a news conference in

Lisbon.

Lavigne said at the time the decision, the first cancellation ever in the celebrated rally's 30-year history, was taken after "several exchanges of information" with the French government that had "firmly recommended" the move.

"Current international political tensions", the recent killing of four French tourists in Mauritania by purported Al Qaeda-linked terrorist, and "direct threats" against the event by "terrorist movements" justified the cancellation, he said.

Multi-million euro gain for Portimão's local economy

Portimão City Hall is expecting that the local economy will benefit from something in the region of a €1.8 million direct return on its fledgling cruise-ship industry, generated by visiting vessels and passengers.

Portimão Town Hall press advisor Pedro Poucochinho said that the amount had been calculated based on a study by the European Cruise Council that analysed financial contributions that cruise tourism makes to local port economies.

The study estimates that each passenger spends an average €60 in each port they visit.

"If we take into consideration that in 2009 Portimão's port will welcome some 30,000 passen-

gers, which means some €1.8 million will be spent directly on local economy".

Additional to those figures are statistics from the weekly 'Volcán de Tijarafe', ferry connection that is operated by Spanish company Navieras Armas and provides a direct connection between Portimão, Funchal (Madeira) and the Canary Islands.

Between June 15th 2008 and June 14th this year the company carried a total 25,948 passengers and 10,820 vehicles.

Since Portimão's port established itself as an up-and-coming destination on European cruise routes, the city is fast being considered a new 'entrance' for tourism into the region.

According to data from the Ports of Portugal Association, the number of cruise ships stopping off in Portimão rose by 64 percent during the first six months of this year, in comparison to the same period of 2008, and passenger figures increased by 227 percent.

This month alone, in the space of eight days, five cruise ships from different tour operators docked in Portimão, the busiest period ever since the port was established.

Pedro Poucochinho says that in 2010, "taking into account the amount of reservations already made, we hoped that this will be far surpassed in terms of both passengers and ships".

He also revealed that Portimão Town Hall is in negotiations with the Government to seal a deal that includes four investments that are "indispensable" for the city's port.

Should they be approved, one investment will see the dock being extended to accommodate two large cruise ships simultaneously, as well as draining a further ten metres from the river bed, creating a new navigation channel and a manoeuvre bay.

Another intervention would be the construction of a new passenger terminal as well as the acquisition of a multi-functional tow-boat, both of which are considered vital for the port's modernisation.

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ANGELICAN CHURCH

Eastern European trio resist police arrest in Alvor shoot-out



Three notoriously violent Eastern Europeans who are believed to be responsible for a series of robberies on homes throughout the Algarve and on the outskirts of Lisbon retaliated against PJ police officers who tried to arrest them by firing guns at close range in the middle of a street.

The three men, aged between 25 and 35, are believed to be part of a transnational organisation that specialises in violent robberies on properties in Portugal and Spain.

They were approached on a street in Alvor (Algarve) by undercover special agents as they were getting into a car that was reported stolen from a foreign country, but had fake Portuguese licence plates.

Upon identifying themselves as police officers the Eastern Europeans pulled out guns and started to shoot at close range.

One of the three men manage to escape from police, the other two were arrested and taken to Portimão police station.

According to a PJ police source, the two men who were arrested have been identified as part of an "extremely well organized" Eastern European group that is responsible for various robberies on homes in Portugal

and Spain.

Both Spanish and Portuguese police were involved in an investigation which with the arrest of the two men has just had its first results.

The group is known for singling out isolated villas, normally inhabited by elderly people who they hold captive to steal money, jewellery and art work.

Some of those pieces of art were recovered following the detention.

"The suspects always used high cylinder cars that they stole from abroad. They thought this way they would be able to fool the police" the PJ source said.

They are also believed to be responsible for a crime carried out on a villa in Penina, Portimão, that took place about one month ago and during which hooded assailants held an elderly British couple captive until they revealed their bank card codes, an ordeal that last about one hour.

Swine flu, from p.1

As of next Monday 54,000 doses of the A H1N1 flu jab will begin to be administered to the nation. The population has been divided into three key groups defined by national health authorities.

Children and the elderly have been placed in a later priority group set to be vaccinated next spring. This comes despite initial warnings from the World Health Organisation (WHO) that under-5s and over 65-s were amongst those to which the virus posed a serious threat.

Portugal has purchased a total of six million vaccinations to inoculate three million people, or 30 percent of the population, which has been divided into three key target groups.

Group A consists of an estimated 360,000 people; one million people have been selected to form part of group B, while group C will take the remaining figures up to three million individuals.

Portuguese health authorities had announced this week that a restricted amount of people from the first of the three priority groups, an estimated 54,000 people, would receive the jab in what is an 'initial phase' of vaccinations.

These include 10,000 pregnant women in their second or third terms or who have other illnesses, 15,000 health workers who are considered 'indispensable' and 30,000 professionals from other sectors that are considered essential for the functioning of society, including members of the Government and

Portuguese sovereignty.

Vaccinating the whole of group A is expected to take over a month and should culminate shortly before December.

New batches of vaccines will arrive in Portugal every 15 days and it is hoped that the first 54,000, which are to be divided amongst health centres across the country, will be used up by the time a next batch arrives.

The first batch, which was transported from Belgium by road and stored in Portugal in an operation shrouded in secrecy, was distributed throughout Portugal and its autonomous islands within three days of arriving in the country. Storage locations, believed to be in the area of Greater Lisbon, are unknown.

Health officials are looking to inoculate around 500,000 people, including individuals from Group B (which will mainly comprise individuals with chronic diseases) by the end of this year, and only next year will Group C, which includes healthy children, start to be vaccinated, from February or March.

And should there not be enough remaining doses to inoculate all of the remaining individuals in Group C, which is the largest of the three groups with more than 1.5 million people in it, only children up to the age of five will be vaccinated, with those aged 5 to 12 being excluded.

It is hoped that by the end of April 2010 all three million people in the three key groups will be protected as they can be



Almeida Rodrigues, national director of Portugal's Polícia Judiciária during the force's 64th anniversary celebrations staged earlier this week in Lisbon. It was during these commemorations that Almeida Rodrigues revealed that police in the Algarve had arrested a dangerous gang responsible for a number of violent robberies in Portugal and the south of Spain. (Photo: Lusa/Pedro Rosário)

against Swine Flu.

This operation will have cost the taxpayer in the region of €48 million by the time of its conclusion.

The news of the selection process imposed by national authorities has meanwhile been received with some surprise. Initial warnings from WHO, which classified children and the elderly as those most at risk from serious complications should they be infected with the A H1N1 flu virus, seems to have been disregarded.

A posting on the official WHO website reads "individuals that have been identified as 'at-risk' of more complicated or severe illness associated with infection by influenza virus include pregnant women (particularly in the later stages of pregnancy), infants and children (under five years), patients with chronic health conditions, such as cardiovascular, respiratory or liver disease, or diabetes, and patients with immunosuppression related to treatment for transplant surgery, cancer, or due to other diseases".

Nevertheless, the first Portuguese priority group (group A) does not include children under the age of five or the elderly.

Up until the end of the year, one million doses are to arrive and will be distributed throughout Portugal, Madeira and the Azores.

Health Minister Ana Jorge said that as the batches progressively arrive in Portugal all health centres will be prepared to administer them.

Graça Freitas, deputy director of the National Health Board has this week assured members of the public that health services would be able to cope with the extra demands of vaccinating the population, as "within normal timetables and without additional efforts we have the capability to administer five million jabs in one year".

Each person will be given two doses of the vaccination, with a minimum three-week period in between the two vaccinations.

Meanwhile, it emerged on Thursday stocks of the normal seasonal flu vaccine have run out due to an increasing demand spurred by the fear of a pandemic.

London denies Madeleine satellite search

The UK Home Office has this week denied reports that London had requested satellite images from Washington for the day of the disappearance of missing British toddler Madeleine McCann.

Reports over the weekend suggested that talks with London and Washington had resulted in American secret services agreeing to hand over satellite images of Praia da Luz of the day that Madeleine went missing.

After the Sunday Express had run the story on its front page over the weekend, the *Correio da Manhã* gave similar coverage to the story on Monday.

However, it was later confirmed that no satellite images existed of Praia da Luz on May 3rd, 2007, as available ones were all pointed to a NATO exercise off the coast of Cadiz.

Former lead investigator into the case, Gonçalo Amaral confirmed Portuguese police had filed a request for these images more than two years ago, but were told none were available.

Going back in time

Clocks will change in most countries in the Northern Hemisphere, including Portugal this weekend. Signalling the end of 'Summer Time', clocks will fall back one hour at 1am this Sunday, effectively allowing for an addi-

tional hour of sleep. The full effects of this time change will only be seen on Sunday evening, when it will become dark shortly before 6pm and continue to do so until December 20, the shortest day of the year in Portugal.

Cuba ready to send more doctors if needed



Cuban doctors Niurka Rosello (right) and Fernando Medina (centre) being received by Sines town councillor, Manuel Coelho on 21st August this year. (Photo: Lusa/Tiago Canhoto)

Cuba is ready to provide Portugal with more doctors if so requested, Havana's ambassador to Lisbon said Tuesday.

Ambassador Eduardo González Lerner, interviewed by the Lusa News Agency, la-

mented that Portuguese media have given "more attention to political, rather than clinical, issues" in commenting on Lisbon's first recruitment of 44 Cuban doctors last August.

"Today, with the number of

doctors we have, we have the conditions to send many more than 44 doctors" to Portugal or to other European countries, Lerner said.

Cuba has "little to export, being a small, sub-developed coun-

try, (but) our greatest resource is our human capital", the ambassador added, noting that his country had more than 80,000 doctors, more than 37,000 of whom work abroad.

Portugal's medical association has criticized Lisbon's recruitment of Cubans to practice general and family medicine, underlining that they are not specialised in those areas.

The Health Ministry has dismissed those concerns, saying that some 800 Portuguese doctors provide the same services in the public health system without specific specialisation. TPN/Lusa

Campaign launched to end classification of transsexualism as 'illness'

A campaign that aims to end the classification of transsexuals as individuals who suffer an 'illness' as well as educating the general population that sexual diversity not limited to the male and female genre was launched in Lisbon this week.

Identical events were held simultaneously in 38 cities in Europe, Latin America, the USA and Asia, to promote the Stop Trans Pathologisation 2012 movement that has been organized by more than 180 international associations.

Transsexualism is a condition in which an individual identifies with a physical sex different from the one they were born with. A medical diagnosis can be made if a person experiences discomfort as a result of a desire to be a member of the opposite sex, or if a person experiences impaired functioning or distress as a result of that gender identification.

"The aim is to demand an end to the classification of non-conforming gender identities, like transsexual and intersexual [hermaphrodites] individuals, as

mentally ill on reference documents belonging to the World Health Organisation's American Association of Psychiatry (AAP), which will be reviewed in 2012 and 2014", said Sérgio Vitorino of Portugal's Pink Panther Association, which is promoting the event in this country. Sérgio Vitorino believes the long process that individuals wanting a sex-change are subjected to leaves them open and vulnerable to social marginalization.

"Contrary to what happens in Spain, sex change procedure in Portugal drag on for many years and people cannot live their lives to the full, because until they have completed the medical and processes they cannot alter their name or their genders on their identity documents", he explained.

Portugal applauds Brazil election to UN Security Council

Portuguese President Aníbal Cavaco Silva has congratulated Brazil on its election to a rotating seat on the UN Security Council, saying the vote would serve as an incentive for Brasília's "legitimate aspiration" to gain a permanent council seat in the future.

"The success of the of Brazil's

candidacy" in the General Assembly vote last Thursday was recognition of its "role on the international stage" and of its "contribution to promoting a more just, prosperous and peaceful world", Cavaco Silva said in a message to Brazilian President Lula da Silva. TPN/Lusa

Croatia could wrap up entry talks with the EU next year



The European Commission's annual report on countries aspiring to EU membership says Croatia has entered the final stage of accession negotiations. In its report, it urges the country to pursue efforts to meet the EU's conditions for joining, particularly its fight against corruption and organised crime.

The Balkan nation of 4.4 million was on track to become the 28th EU country in 2011. But a border dispute with EU member Slovenia stalled talks for more than a year. The negotiations resumed recently after the two countries agreed on a procedure for resolving the dispute.

Since last year's report, three countries - Albania, Montenegro and Iceland - have applied to join the 27-nation EU.

Iceland cleared a first hurdle soon after applying, when EU foreign ministers asked the commission to evaluate the North Atlantic island's suitability for membership.

Albania and Montenegro join three other western Balkan nations as potential members:

Serbia, Bosnia and Herzegovina and the former Yugoslav republic of Macedonia (FYROM). On the whole the region made progress towards integration with the EU despite the global downturn. But much remains to be done.

The report says that the recent parliamentary elections in Albania and Montenegro measured up to required standards, but both countries still need to strengthen the rule of law. It recommends the EU activate a provisional trade agreement with Serbia and urges Bosnia and Herzegovina speed up key reforms.

Although their bid for membership still faces many hurdles, Serbia, Macedonia and Montenegro are expected to gain visa-free travel to the EU in

January.

Concerning Turkey, the report says the EU is encouraged by new momentum for political reform. It also praises Turkey for resuming relations with Armenia after a century of hostility and for efforts to end the long conflict with Turkey's Kurdish minority.

Kosovo, a former Serbian province that declared independence in February 2008, is still in an early stage of relations with the EU. A separate document highlights key policy areas for Kosovo to address and ways the EU can help.

At present, only three countries - Croatia, Turkey and Macedonia - have been officially accepted as candidates for EU membership.

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Nobel laureate Saramago lashes out at church



Portuguese Nobel laureate José Saramago has presented his latest novel, "Caim", describing his iconoclastic return to a religious subject as "an exercise in freedom".

"It's not that this book is bad behaviour, but it's without doubt an insurrection, an appeal for all to wake up to looking for what lies on the other side of things", the 86-year-old author said on Sunday in unveiling the novel in the northern Portuguese city of Penafiel.

In "Caim", Saramago takes an ironic look at the Old Testament story of Adam and Eve's first son, Cain, who murdered his brother Abel out of jealousy over what he perceived to be God's preference for his sibling.

"None of this existed, obviously. They are myths invented by men, just as God is a creation of men", the lifelong leftist activist told his audience in a 75-minute speech. "I simply lift the stones and show the reality hidden beneath them".

The presentation took place

during a weekend-long literature festival, ESCRITARIA 2009, dedicated to honouring Saramago, who won the Nobel literature prize in 1998.

In response to Saramago, Portuguese Catholic leaders this week dismissed his presentation of his new, Old Testament-based novel "Caim" as a publicity stunt unbecoming to a world-renowned author.

"A writer of José Saramago's stature should follow a more serious path", said Father Manuel Marujo, the spokesman for the country's Episcopal Conference, dismissing the author's description of the Bible as a "manual of bad habits, a catalogue of cruelties" as nothing more than "an advertising campaign".

Marujo said reading the latest novel by the 86-year-old Nobel laureate, an ironic account of the

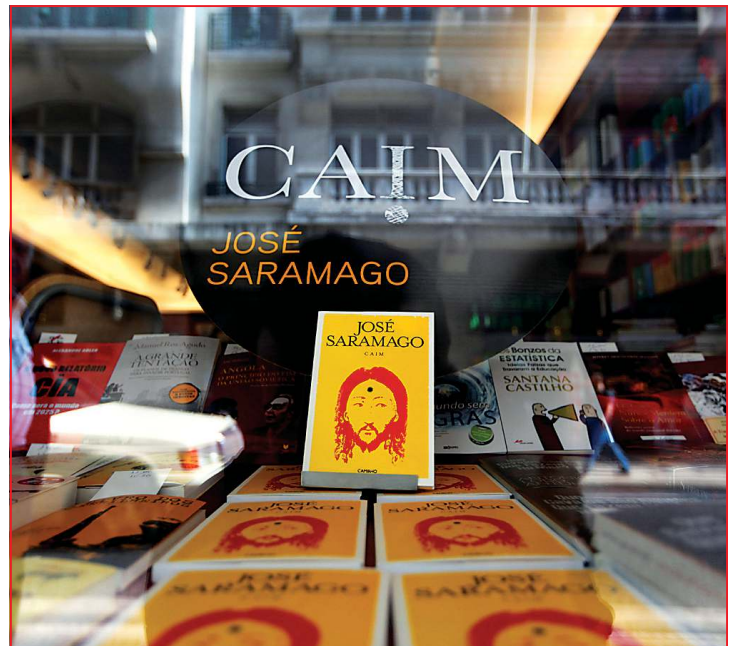
biblical story of Adam's and Eve's first son Cain, was not among his "priorities".

Catholic theologian Anselmo Borges reacted in a similar vein, telling the Lusa News Agency Saramago's view of the Scriptures was "completely unilateral".

The leftist author, who first clashed with the church two decades ago with his novel "The Gospel According to Christ", had presented "only one aspect of the Bible", ignoring its overall message of "salvation", the professor at Coimbra University said.

In earlier comments, Saramago forecast his latest work would not upset Catholics because only the church "hierarchy" read the Bible.

"I admit the book may disappoint the Jews, but that bothers me little", he added. TPN/Lusa



"Caim" the new book by José Saramago which went on sale in bookshops throughout the country on 19 October. (Photo: Lusa/Mário Cruz)

TAP plane tailed by fighter jets

An Airbus A320 belonging to Portugal's national airline TAP caused chaos in European airspace last weekend after it lost all communication while flying over Belgium, en-route to Copenhagen, and was intercepted by two German Phantom F-4 fighter planes that were dispatched by NATO.

Baptised 'Luísa Todí', the aircraft was carrying 147 passengers and seven crew on board the flight from Lisbon to Denmark when it became unreachable by ground communication for at least half an hour.

It was this silence, which according to TAP was caused by a "problem with the communications system", that led NATO to emit an alarm and dispatch the fighter jets.

Fred Konnemann, head of European airspace regulator Eurocontrol, told Portuguese daily newspaper Correio da Manhã (CM) "in these cases you presume it is a worst case scenario as it doesn't happen that frequently".

"The aeroplane could have been hijacked and because of that an attempt at visual contact was ordered. In an extreme case, involving air pirates, orders could even have been given to shoot the aircraft down".

"But fortunately it was just a problem with the radio", he said.

Visual contact was made over the Dutch city of Eemshaven, near the German border, and radio contact was regained shortly after meaning the plane was allowed to follow its route and land in Copenhagen as normal.

Within 10 minutes of NATO's warning being issued the German jets were on its tail.

A source from the German air force told CM "After the aircraft crossed into Belgium all contact was lost. It flew over that country, then Holland, and, while in Holland, near the German border, safety procedures that apply to these situations were activated".

The source confirmed that one radio contact had been re-established the NATO alert was withdrawn and the fighter jets returned to their base.

Captain Sousa Monteiro, a retired TAP pilot, said that if this had happened in the USA the consequences could have been very different.

He recounted an episode that

involved a TAP plane in the USA three years ago in which a control tower operator thought the way the TAP pilot was speaking was "odd" and reported his concerns, resulting in the Portuguese aircraft being escorted by fighter jets away from New York, where it was destined to land, to another location far away from the city.

Security surrounding this type of incident has been paramount since the September 11 terrorist attacks.

Two dead in Spanish shooting

Two Portuguese citizens died on Monday in a shooting incident in the province of Granada in southern Spain, officials said.

Local Guardia Civil said a 30-year-old Spanish national was detained after the double killing

near a restaurant in the town of Ogijares. Three handguns were recovered by police at the crime scene.

The identities of the dead were not released. One person was treated for injuries received during the shooting. TPN/Lusa

Portugal falls down press freedom rankings

Portugal has plummeted 15 positions in a press freedom index released this week. Since reaching a high of number 8 in the list in 2007, Portugal fell to 16th last year before being placed 31st in this year's rankings compiled by Reporters Without Borders.

"Press freedom must be defended everywhere in the world

with the same energy and the same insistence," Reporters Without Borders secretary-general Jean-François Julliard said today as his organisation issued its eighth annual world press freedom index.

"It is disturbing to see European democracies such as France, Italy and Slovakia fall steadily in the rankings year after year," Julliard said.

"Europe should be setting an example as regards civil liberties. How can you condemn human rights violations abroad if you do not behave irreproachably at home? The Obama effect, which has enabled the United States to recover 20 places in the index, is not enough to reassure us."

Reporters Without Borders compiles the index every year on the basis of questionnaires that are completed by hundreds of journalists and media experts

around the world. This year's index reflects press freedom violations that took place between 1 September 2008 and 31 August 2009.

Europe long set an example in press freedom but several European nations have fallen significantly in this year's index. Even if the first 13 places are still held by European countries, others such as France (43rd), Slovakia (44th) and Italy (49th) continue their descent, falling eight, 37 and five places respectively. In so doing, they have given way to young democracies in Africa (Mali, South Africa and Ghana) and the western hemisphere (Uruguay and Trinidad and Tobago).

The index is topped by Denmark, Finland, Ireland, Norway and Sweden, with the United States and the United Kingdom both placed 20th.

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Brazil sees Portugal as door for investing in European electricity sector



The Brazilian Minister for Mining and Energy, Edison Lobão, greets Portuguese Minister for Culture, Pinto Ribeiro, during the signing of the agreement in Lisbon on October 15th. (Photo: Lusa / André Koster)

Brazil is looking at Portugal as its gateway for investing in the European electricity sector, according to Brasília's minister for mines and energy.

"We are internationalising our electric power company, Eletrobrás, and we'll most probably enter Europe through Portugal", Edison Lobão said last Thursday after talks in Lisbon with Economy Minister Fernando Teixeira dos Santos.

Lobão said "an association with Portugal's EDP utility was a 'hypothesis'".

"But the fact is that we'll be-

gin here" in Portugal, given the longstanding "open doors" for investment between the two Lusophone countries, he added.

In a related story, the heads of the Brazilian and Portuguese oil companies, Petrobrás and GALP, have held talks to broaden their cooperation in off-shore Brazilian operations to Africa and Venezuela and to launch a joint venture in bio-fuels.

"We are studying partnerships in Africa and Brazil", visiting Petrobrás CEO José Sérgio Gabrielli said Friday after meet-

ing with Galp counterpart Manuel Ferreira de Oliveira in Oporto.

He identified the potential African targets as Angola, Senegal, Nigeria, Namibia, Libya and Tanzania, but declined to give details, saying a broadened partnership was a matter of "a long courtship".

Gabrielli also said he had discussed the possibility of a joint bio-fuels venture with Galp.

Ferreira de Oliveira declined to comment on the nature and result of the talks.

TPN/Lusa

Europeans still support development aid despite downturn

Ahead of the 4th European Development Days, a Special Eurobarometer on "Development Aid in time of economic turmoil" shows that the crisis affecting European countries did not affect public support for development aid, which still remains high.

Around 90 percent of Europeans still believe development is important and 72 percent of Europeans are in favour of honouring or going beyond existing aid commitments to the developing world.

"This poll clearly shows that citizens expect their governments and the EU Commission to dig deep for development financing", says EU Commissioner for Development and Humanitarian Aid, Karel De Gucht.

"Even in the context of the

economic crisis, I appeal again to the EU Member States to stick to their commitments to increase development aid up to € 69 billion by 2010 to meet the mid term target of the Millennium Development Goals".

A large majority of European citizens (61 percent) feel that Europe can positively contribute to the debate on global development.

"Europeans understand better and better why development is important. They ask for more coverage on development issues

by national media", says EC Vice-President and Commissioner for Communication Strategy, Margot Wallström.

Interestingly, the economic crisis is not considered as a key challenge for developing countries. One in two Europeans see poverty as the greatest challenge faced by developing countries, placing it above the economic and food crisis (35 percent).

Europeans seem to understand that beyond the economic slump, poverty is the overwhelming structural problem.

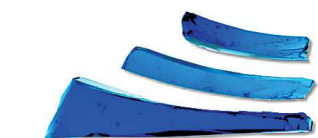
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Iberia-America meet 'important milestone' - FM Amado

The upcoming Iberian-American summit in Portugal will mark an "important milestone" in relations between Lisbon and Madrid with Latin America, Portuguese Foreign Minister Luís Amado has said.

The November 30-December 1 apex meeting in Estoril would strengthen "the increasingly important axis" binding the two Iberian neighbours to the 20 Portuguese and Spanish-speaking nations across the Atlantic, Minister Luís Amado was quoted as telling the Lusa News Agency.

He said the summit would showcase the solid relations between Lisbon and Brasília at a time when Brazil's role as "an emerging power in the southern hemisphere" and "pivot" between South and Latin America was increasingly evident.

Portuguese firms loom large at construction sector fair

The latest edition of Luanda's Constrói-Angola building sector trade fair came to an end last Sunday, after featuring a clear dominance by Portuguese companies.

Of more than 160 foreign firms from seven countries represented at the fair's seventh edition, 124 were Portuguese. Brazil and China followed at a distance with 18 and 14 participants, respectively.

Portugal's overwhelming presence was also underlined by major proposals from four

companies to launch low-income housing projects and the unveiling of the country's first publication for the sector, "Infra-Estruturas Angola", by a Portuguese publisher.

The Angolan government has announced plans to build 1 million low-income dwellings by 2012.

TPN/Lusa

Alex Vermogensbank comes to the Algarve

A leading stockbroker in the Netherlands, Alex Vermogensbank, will be hosting a free "Opportunities on the Stockmarket" seminar in the Algarve next month as part of its inaugural Portugal campaign.

The company will be providing an extensive portfolio of services and assistance to Dutch Traders in Portugal as of November 2009, and the seminars will give Dutch speakers a chance to learn when to step into the market, or at times when to step out!

The "Opportunities on the Stockmarket" Seminar will take place on Wednesday 11th November at the Vale do Lobo Auditorium and on Thursday 12th

November at Le Meridien Penina in Portimão.

The seminars start from 15:30h till 17:30h. Guests will be invited to enjoy canapés and live music after the event.

The Seminar will be held in Dutch and those interested in attending should register beforehand through www.alexspanje.com/portugal per email info@alexspanje.com or by telephone +34952 924011.

Portugal is EU'S only ATM charge-free country

At present Portugal is the only remaining country within Europe where bank clients do not pay a fee to withdraw money from cash dispensers. Austria was the last country to introduce ATM automatic cash-dispensing machine fees.

Portuguese banks only charge clients who draw money from units belonging to the competition, but it is still free for those using machines that belong to the same bank that issued the card.

In this country "The matter

isn't being discussed" said Faria de Oliveira, President of the *Caixa Geral de Depósitos* bank who said introducing such a measure would have to be a decision made by all banks in conjunction.

Portugal sixth for most days of rest

Statistics from the Worldwide Benefit and Employment Guidelines study, which provides data on work ethics and regulations, have revealed that Portugal ranks sixth on a global scale of countries with most days of rest in a year.

This was divulged by consultancy and market study company Mercer.

Making up Portugal's 'rest days' are 22 days minimum legal work leave, plus 13 national holidays, meaning this year Portuguese employees will enjoy 35 days off work by the end of 2009, not including weekends.

Ahead of Portugal is neighboring Spain, with 36 days rest. Lithuania and Brazil share the top spot where employees will enjoy 41 days leave.

At the opposite end of the scale are Canada and China, where the national will have 19 and 21 days off work, respectively.

However all employees, in any country around the world, are entitled to paid leave, the pay depending on how many days they are legally obliged to take off.

In Finland, Brazil and France employees are entitled to 30 days leave per year, while in Lithuania, Russia and the UK workers can take off 28 days.

By law, Portuguese workers are entitled to a minimum 22 days leave per year, the same as in Spain.

In some countries, like the USA, leave depends on variable factors, like how long the employee has been with company.

Overall, European workers enjoy the longest periods of rest from work, compulsory by law.

In Australia, New Zealand and Japan employees are entitled to 20 days leave, still more than in Taiwan (15), Hong Kong and Singapore (14), India (12) and China (10).

Added to this are national holidays, where in Japan and India there are 16 every year, the most in the world, followed by Cyprus, Slovakia, and South Korea,

which have 15.

It is in the UK where there are fewest national holidays, along with Australia and Holland, which each have eight national holidays.

Within Europe, Lithuanian workers can expect to enjoy the most days off work, where the number of national holidays added to compulsory leave means a total of 41 days rest.

Second are France, Finland and Russia, offering 40 days rest, followed by Malta and Austria, with 38, Greece (37), Sweden, Spain and the UK (36).

Italian workers are entitled to 31 days paid leave, and German, Romanian and Belgian employees can expect 30 days paid leave.

Irish and Dutch employees enjoy the fewest days paid leave, with 29 and 28 days off respectively.



The first ATM installation in the country in Rossio showing the new image of the Multibanco machines in September 2008. (Photo: Lusa/Miguel A. Lopes)

Wills made easier

Europeans who inherit property in another EU country often find it entangled in red tape. Inheritance laws differ from country to country, and it is often unclear which legal system applies.

The European Commission this week proposed to simplify cross-border inheritance rights. Under the draft rules, people living abroad could choose to have their wills carried out according to the laws of their country of nationality.

Otherwise, the laws of the

country where the deceased lived will apply to the entire estate, even if it includes properties or assets in another EU member.

The goal is to end contradictory rulings between the courts of several EU countries concerning the same estate. One single authority, in either the country of residence or country of origin, will deal with the entire inheritance.

The commission is also proposing to create a certificate to enable heirs and administrators of wills to easily prove their status in another country.

As it is, EU countries don't always recognise each other's inheritance documents.

Some 450,000 of the inheritances opened in the EU every year involve an international element. The total value of these estates is estimated at €120bn a year.

Justice commissioner Jacques Barrot said the proposed legislation offers greater legal certainty and flexibility.

"It is imperative that citizens and legal practitioners be able to understand and, to a certain extent, choose the rules applicable to the assets making up a succession, wherever they may be located."

The measure will not affect inheritance taxes, which will continue to be covered by national law, as will issues such as who inherits or how survivors share assets.

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Protecting yourself against Computer Viruses



Your computer can fall victim to many destructive events: power surges, coffee spills, a failed hard drive, or worse. But your computer is also susceptible to a digital invader called a virus.

A virus is a program that attaches itself to another program and spreads from one file to another, causing varying degrees of damage. You may not even notice some viruses, but malicious ones can erase your data files, corrupt your applications, cause your computer to crash, and, in certain cases, render your hard drive completely useless.

Virus Categories

There are three main categories of viruses.

Macro viruses

Macro viruses are computer viruses that use an application's own macro programming language to distribute themselves. These macros have the potential to inflict damage to the document or to other computer software. Macro viruses can infect Word files, as well as any other application that uses a programming language. In most respects, macro viruses are like all other viruses. The main difference is that they are attached to

data files (i.e. documents) rather than executable programs.

Worms

Worms are computer programs that replicate copies of themselves (usually to other PC's via network connections) and often contain some functionality that will interfere with the normal use of your PC or programs. Due to the copying nature of a worm and its capability to travel across networks, the worm can consume too much system memory and network

bandwidth, causing Web servers, network servers and individual computers to stop responding. In recent worm attacks such as the much-talked-about Blaster Worm, the worm has been designed to tunnel into your system and allow malicious users to control your computer remotely.

Trojan horses

Named after the wooden horse the Greeks used to infiltrate Troy, a Trojan horse is a program in which malicious or harmful code is contained inside an apparently harmless programme or data file. It takes control of your computer and does any chosen form of damage, such as ruining the file allocation table on your hard disk or stealing personal information and sending it to the original sender of the program.

Avoiding Viruses

Viruses can be transmitted via e-mail attachments, so monitor your in-box for suspicious messages. If you don't know the person who sent you a message, don't open any attachment that came with it.

You can't get a virus from simply opening an e-mail message, but your e-mail client may be configured to automatically open attachments, in which case you should disable that feature.



Be especially aware of attachments with the suffixes .exe or .com. If you activate this type of virus, it can attack executable files, overwrite code, and cause irrevocable damage.

Beyond keeping a watchful eye on your incoming e-mail, you should also be careful about using removable media, especially from unknown sources. Floppy disks, Zip disks, CD-ROM's and Pen Drives can also transmit viruses.

Preventive Measures

Without a doubt, the best way to protect yourself against viruses is to install antivirus software. These utilities will scan for many types of viruses and keep watch over your system files, boot files, and data files. The two most popular software brands are Symantec (the makers of Norton Antivirus) and McAfee. I personally use Kaspersky Antivirus and what makes it continue to outshine its competition is its ease of use combined with thorough antivirus protection. Not only is the malware protection within Kaspersky proactive, with top-of-the-line heuristics to identify newly created malware, but its traditional signature-based protection is updated hourly, along with any available program updates. I personally like this approach, as Kaspersky seems to have figured out what Norton has not: how to deliver small file updates. Plus, Kaspersky has consistently demonstrated the shortest response time to breaking new malware threats.

Setting your antivirus program to run a basic startup scan every time you turn on your computer and a full system scan every few weeks is also good practice. Most antivirus utilities let you either set an automatic schedule for a full scan or do it manually. If the utility finds a virus, it alerts you and tries to disinfect the file. If the file can't be disinfected, you'll probably have to delete it.

It's also important to download updates to your virus software so that it will recognize and protect you against the latest viruses. Most modern Antivirus programs do updates automatically therefore not needing any user intervention. Keeping your antivirus software up-to-date greatly reduces the chances of a virus infection.

Another way of protecting yourself is knowing which vi-

ruses are going around. So visit antivirus websites and other reputable computer websites to stay informed on the latest ones. Knowing about specific viruses makes your virus prevention that much easier.

Don't be fooled by hoaxes

If having to worry about viruses isn't bad enough, you now have to be careful with hoax viruses. You may have received messages telling you about phony viruses, and worse, giving you a specific course of action to avoid getting the virus. Please remember that none of the big corporations (e.g. Microsoft or Symantec) will ever send you an e-mail telling you to delete certain files on your PC, especially not windows files. Never delete files manually without first consulting a PC specialist or reading up on the Internet.

This week's top virus threats are:

Trojan:JS/Agent.FA. This is a malicious Javascript embedded in a Web page. The Javascript is designed to circumvent popup blocking by security applications, including popup blockers from Google Toolbar, Internet Explorer, and Norton Internet Security. The malicious popup could allow site redirection which could lead to possible downloading and executing of further malicious files.

Trojan:Win32/Alureon.gen!U. It is a generic family of data-stealing trojans. These trojans allow an attacker to intercept incoming and outgoing Internet traffic in order to gather confidential information such as user names, passwords, and credit card data. The Win32/Alureon trojan may also allow an attacker to transmit malicious data to the infected computer.



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- Policy covers your swimming pool as well as buildings
- Policy covers public liability of £5m or €7.5m in regard to buildings and contents (traditionally, Portuguese policies provide minimal public liability cover)
- Loss of rent included following a claim
- Covers the purchase of your home during the period between exchange of contracts and completion
- Covers temporary accommodation following a claim
- Wider cover than a standard Portuguese buildings and contents policy
- Wider cover than a 'community' policy
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- Optional Accidental Damage cover
- Off-Property Cover available
- Policy available in either GBP or Euros - Claims paid in either

Portuguese wins EU's first single market prize



The Swedish Presidency and the European Commission have jointly presented the Single Market Award for the first time. The Award highlights the importance of the free movement principles of EU's Internal Market and went to Aurora de Freitas of Portugal.

Since 2004 Aurora de Freitas has been lobbying French administrations to make it easier for Portuguese citizens to be granted residence permits in France.

"The Single Market Award goes to a citizen who has understood that people's rights in the internal market are worth fighting for," said Minister for Trade Ewa Björling when, together with Director-General of the European Commission DG Internal Market and Services Jörgen Holmquist, she today presented the Award at a ceremony during the informal meeting of the Competitiveness Ministers in Umeå.

Commissioner for Internal Market and Services, Charlie McCreevy said: "The work of Ms de Freitas is exemplary and inspiring: it goes to show that the Single Market is primarily about people, not just about rules and regulations."

The Single Market Award aims to highlight the importance of the internal market and at the same time raise awareness of, and show the opportunities associated with, the free movement of

persons, goods, services and capital within the EU. The Award also calls attention to the problems that may arise when the internal market's regulations do not work in practice. The Award is recognition of companies, people or organisations that have helped to improve the internal market.

The winner, 65-year-old Aurora de Freitas, is a Portuguese citizen who has been living in France since 1968. She worked as a designer and dressmaker for many years, and is now retired. Ms de Freitas devotes her life to helping others assert their rights in the EU internal market by finding practical solutions to problems and acting to prevent obstacles.

"I have not sought rewards for my work, but I do feel very happy and honoured to have received this Award", said Ms de Freitas.

"Aurora de Freitas is an example of what one person can accomplish in the best interests of the EU. We would like to see many more like Ms de Freitas throughout the EU," said Dr Björling at the award ceremony.



Aurora de Freitas, right, holds flowers and a diploma after having received 'The single market award' from Swedish Trade Minister Eva Björling, left, during the informal minister's meeting about the inner market in Umeå, Sweden 14 October 2009. Aurora de Freitas is awarded for helping Portuguese citizens to obtain permits to stay in France. (Photo: EPA/Pontus Lundahl)

Rise in Portuguese serving time abroad

According to a report published last week, there are at present nearly 2,000 Portuguese nationals serving time in foreign prisons, which translates into a 31 percent rise in the number of Portuguese imprisoned outside Portugal in comparison to last year.

Figures from the State Secretary for Communities show there are currently 1,991 Portuguese citizens serving time in establishments outside this country, the majority of which are found in France.

This has been partly put down to the large number of individuals born to Portuguese emigrants in the country – otherwise called 'second generation' Portuguese.

According to the Portuguese

Government, the majority of these crimes relate to drug trafficking but there are various cases involving theft, tax fraud, rape and murder.

Such is the case of Portuguese citizen Manuel Ribeiro da Cruz, who after serving five years in a French jail for raping a 13-year-old girl was granted a 'second chance' by the Portuguese justice system and subsequently released in 2007.

At the end of September this year he re-offended, raping a killing a 42-year-old woman in an incident that sent shockwaves throughout both France and Portugal and his re-ignited a long-simmering debate over chemical castration.

Portuguese man found mummified in France



A 62-year-old Portuguese man immigrant in France who is believed to have died two years ago has been found in a mummified condition in an apartment on the outskirts of Paris, where he lived.

Originally from Vila Verde, Braga, where his ex-wife still lives, José Gomes Macedo had lived in Paris since retiring as a civil construction worker. He had been living in accommodation subsidized by the French government, in an apartment in the popular Beauregard neighbourhood, Poissy, on the West side of the French capital.

Portugal's General-Consulate in France confirmed the man's death and said he had been identified by the serial number on his hearing aid.

His ex-wife, to whom José Gomes Macedo was still legally

married, was informed after the Portuguese General-Consulate got in touch with Vila Verde GNR police.

José Gomes Macedo's "literally mummified" body was found last Monday morning by Paris police after an anonymous phone call raised the alert. Neighbours had, for months, been complaining about the smell of decomposing flesh, though no one had been inside the man's apartment for more than two years.

Police who made the gruesome discovery found the body sat in a chair. It was established he had been dead for more than two

years after police found unopened mail dating from 2007, along with a yoghurt, in his fridge, also dated November 2007.

Electricity to the apartment had been cut off but the rent was still being paid via automatic bank transfer.

The case is being closely followed by the French media which has caused a wave of concern

amongst the population after it highlighted the "terrible drama of loneliness" that the man appears to have suffered, based on his death going undetected for two years.

His body is being autopsied by the Garches Institute for Legal Medicine, Hauts-de-Seine, to determine the exact cause of death.

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They Said it Couldn't Be Done... "Daisy Pulls It Off"



"You will never be able to cast it" was the reaction that Chris Winstanley received to his idea to direct and stage "Daisy Pulls It Off" by Denise Deegan, the Algarvean Experimental Theatre Group's autumn production.

The show requires not only several adults but also at least 6 teenagers girls.

Undeterred, Chris contacted the head teachers of a number of Algarve schools and went into the schools to talk with girls who were interested and explain his plans for the show. This led to two 3 hour auditions to which over 25 teenagers attended.

"My audition panel were amazed at the talent and energy we saw at the auditions and we resolved to re-work some of the play to give more of the young people an opportunity to experience acting," explained Chris. The result being that the play has 13 very talented teenagers from

several schools in the cast who act alongside some very experienced adult actors, such as Lloyd Delderfield and Gloria Costa making up a cast of over 20.

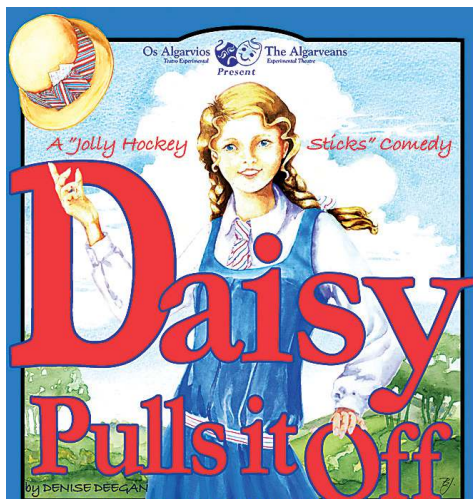
The play, although set in the 1920's, was only written a few years ago and has become a worldwide hit. We believe this is the premier in Portugal. It tells the story of Daisy Meredith who is the first scholarship pupil to attend Grangewood Schools for Girls. The story follows Daisy through a series of adventures which see her battle against the school bully and has all the typical comic book events of missing treasure, midnight feasts, pillow fights, cliff top

rescue and even a hockey match on stage! All of which adds up to a classic family comedy adventure.

The group has been rehearsing the play since April as it calls on the whole cast to act, dance and sing. "The rehearsals have been great fun, and have been in the form of workshops to assist in creating the mood of the 1920's and have involved dance, music, movement, elocution, improvisation, hair and makeup," said Chris.

Audiences get a chance to see if all this hard work and dedication has paid off next week as the production opens on Thursday 29th October to Saturday 31st October 2009 at Lagoa Auditório, with entertainment in the foyer from around 7-30pm each night and curtain up at 8pm. The theatre group are hoping to take the audience back to the 1920's from the moment they walk into the theatre and have a few surprises up their sleeves to do this!

Tickets at €10 for adults and €5 for children are going fast and are available by emailing daisytickets@gmail.com Other points of sale are available on the website www.daisypullsitoff.yolasite.com or please call 917 776 245. A few tickets will be held back for sale on the night as of 7pm.



ATM machine stolen from Lagos Marina

An automatic cash-dispensing machine (ATM) was stolen from Lagos Marina last week, during the early hours of October 15th (last Thursday).

PJ Judiciary Police are investigating the incident, which is believed to have occurred at around 06h00. Police were alerted by one of the Marina's private security guards.

The scene of the crime was

immediately cordoned off to ensure evidence was not interfered with.

The freestanding ATM machine was not fixed to a wall, which would have facilitated its removal.

'Distinguished Speakers' at São Lourenço International School

Last week the São Lourenço International School launched its 'Distinguished Speakers Club' and invited the President on the Central German Bank to initiate its activities.

Through the 'Distinguished Speakers Club' last year students at the São Lourenço International School will be able to attend a series of lectures directed by prominent individuals from various commercial areas.

The first speaker in the programme was Dr. Karl Otto Pöhl, who between 1980 and 1991 was President of Bundesbank, Germany's Central Bank and has a holiday home in the Algarve, which he frequently visits.

Following the fall of the Berlin Wall and German unification, the 1980's were challenging years for Germany and for Europe, in both political and financial terms.

Pöhl was Germany's a successful driving force behind in helping efforts to control inflation in Europe and creating guidelines for financial cooperation amongst industrialised countries, which was at the base of the Euro.

Despite initially being against the implementation of the Euro, Pöhl eventually recognized its viability and defended that, for the Euro to be successfully launched, the BCE [Central European Bank] would need to follow the German Central Bank's model.

He is therefore considered one of the Euro's 'fathers'.

During his speech to a room full of students and teachers, Pöhl explained what has been happening with global economy in recent times as well as talking about the economic crisis.

After his speech he answered many questions from the stu-



Karl Otto Pöhl talks to students

dents, who seemed fascinated by his lecture on banking systems and the economy.

Freddy Waite, a student at São Lourenço International School, said "The speech provided a detailed panorama of the world's economy".

Headmaster Terry McGuire

said the lecture was "a remarkable experience for the students".

"We need to open their minds to new experiences and to the reality of the world. This was the first in a series of conferences by invited speakers, which will change these young peoples' lives. Dr. Pöhl was brilliant".

Funding private education

Private schooling is expensive at the best of times, with the present economic climate exasperating the situation.

Vale Verde International School, founded in 2002, has realised that many students are being disadvantaged and removed from private formal education because parents can no longer afford private international schools.

With a student body that has more than trebled since its foundation, Vale Verde International School (VVIS) has introduced a payment scheme to alleviate the financial burden on parents.

The school has adopted an eleven month payment scheme which even allows parents who can no longer afford the monthly payments to enter into other arrangements to ensure that the fees are paid off.

The school's business and legal manager, Peter de Beer explained this week it has only sought legal action for debt re-

covery twice in the school's history, although points out that the debts owed in these cases would be difficult to repay on any payment schedule due to the amounts in question.

VVIS has gained a reputation for its consistently high IGCSE results and again achieved a 100 percent pass rate in all its IGCSE examinations during June 2009.

For more information on the school, please contact admissions@vvis.org or speak to our Admissions Officer on 282 697205.

For more information on the VVIS payment scheme, please contact Sónia Nogueira, the Accounts Manager (accounts@vvis.org).

For general information about the school, visit the school's website at www.vvis.org.

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Faro Mayor wants city on par with other "regional capitals"

Following his election just two weeks ago first-time Faro Mayor Macário Correia's ambitions for the city are becoming evident after recently announcing he wants to draw up a plan that will elevate the municipality to be on a par with other regional capitals.

Rugby trio savagely attacked on Albufeira night out

Three rugby players from Northern Ireland were viciously attacked by a group of up to 20 youths while on holiday in Portugal several weeks ago, two of whom suffered serious injuries.

Three men, players for the Banbridge Blue Sox, were enjoying a night out on a club tour when the incident occurred. They were beaten and robbed by the feral gang, which is believed to have been made up of between 15 and 20 youths.

It has been reported that two of the victims suffered serious facial injuries, one of them needing a metal plate fitted in his jaw and eye socket after the savage attack. They were also treated for broken noses and bruising but the next day one was re-admitted after suffering blackouts and blurred vision.

During the assault one of the players managed to break free to raise the alarm. The other two were then taken to hospital for treatment.

Dave Neilly, President of Banbridge Rugby Club, said the players had been seriously injured.

"It was mostly facial injuries - a broken nose and an eye socket. They had to spend time in hospital in Portugal."

"I believe that whilst they are all shaken and have scars still, at

least they are back and they are safe", he said.

This latest incident involving violent crime carried out on foreigners holidaying in the Algarve happened just weeks after Co. Derry businessman Paul Houston was murdered while on a golfing holiday in Alvor, which is approximately 30 minutes from Albufeira.

A club source has been reported as saying the three thought they were going to die.

"I think they thought 'this is it' because of the way they [the youths] just swarmed all over them," he said.

All three of the rugby players are now in their homeland where they are recovering from their ordeal.

"Their first thoughts were relief that they weren't dead," the source said.

"The guys are thankful they are alive but coming to terms with what could have been. One of them can't get out of his mind seeing the other guy attacked so viciously."

"It surprised us that it happened in Portugal because it's such a safe place."

"We have been to Prague, Tallin, Munich and Amsterdam and various parts of the UK 13 years on the trot and this is the first incident we have had."

Mayor Correia confirmed upgrading the city was a priority as was the creation of a 'strategic plan' to achieve his goal of elevating Faro, the 'capital' of the Algarve, to the same level as other regional 'capitals'.

"We are in one of the five regional capitals of Portugal and it is important that we look to the other capitals and make comparisons."

"This is a thought process that we must never give up. The strategic positioning of Faro must have as a reference the cities of Évora, Coimbra or Porto, because obviously Lisbon is in a league of its own", Macário Correia said during his swearing-in speech.

As leader of the 'Faro First' PSD, CDS/PP, MPT and PPM coalition, Macário Correia dethroned former Faro Mayor José Apolinário by just 129 votes.

He said he is aware that "a lot still needs to be done and it must be done efficiently, effectively, and in a discerning manner" as "Faro is the main entrance for tourism in this country and this is an important reality for Algarve, which must also be given added potential to benefit Faro".

Macário Correia stressed

that Faro "has excellent conditions to develop greatly promising nautical projects, for the leisure and recreation of residents" and that it is necessary "to put into action, very quickly, an expansion plan for the airport and other projects so Faro can have a 10-15 year plan that aims to integrate its facilities and their functions to restructure the region".

His second priority is to organize the city in terms of space as well as elaborating a plan that offers a "global vision of the urban network".

Macário Correia finished off his list of priorities with his wish to make Faro "a modern city with an environmental philosophy", which he considers "indispensable", as well as re-organising the city's municipal services.



Faro Mayor, Macário Correia, at the local elections held on 11th October. (Photo: Lusa/Luis Forra)

Vilamoura burglar caught red-handed

Last weekend Vilamoura GNR police confirmed the arrest of a man who is believed to be responsible for the theft of valuable hand-painted tiles after he was caught red-handed by a property owner.

The individual, a 26-year-

old illegal immigrant, "climbed a fence in front of an art gallery which gave him access to a door leaning to its interior" a police source confirmed, adding that the man was "interrupted by the property's owner, who immobilized him and

restrained him until the police arrived". Upon his arrest GNR police found the thief was in possession of 10 hand-painted tiles believed to be worth in the region of €700.

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Christ the King statue seen in a new light



Lisbon's Christ the King statue overlooking the Tagus River and the city



Lisbon's Christ the King statue, which overlooks the Tagus River and the city will, as of January next year, will be lit at night with a new type of low-consumption, eco-friendly illumination that will make the statue radiate and be visible from kilometres afar.

It has been considered by many as a 'futuristic' step for the religious statue, which is 80 meters tall and is currently illuminated by a system that is 25 years old.

The state will pay one third

of the total investment, estimated to be in the region of €148,000, while the town halls of Lisbon and Almada will foot the remaining two thirds of the bill, a further €100,000.

Work on equipping the statue

with the new illumination system is scheduled to start on November 2nd and until it is completely installed the old lighting will stay in place.

The new system is expected to be fully fitted and functional by January 2010.

The lighting is designed to eliminate any shadows like those that are cast on the statue at present, and will cover from the chapel at the foot of the statue right to the tip of its head.

Rector Sezinando Alberto said that by using eco-friendly lights, "We will have a Christ the King that is a better friend to the environment, better adapted to modern times, and has a more ecological illumination".

He added that without the contribution from the town halls of Lisbon and Almada the project would not be possible.

Santa Apolónia docks makeover ready by 2011

According to Lisbon's Port Administration (APL), the new Santa Apolónia docks should be ready and fully operational sometime during the first three months of 2011 and will offer docking conditions for all vessels currently active in the European market.

Initial stages of the new dockside's passenger terminal are already complete and a second phase should also be finished during the first quarter of 2011.

A public tender will soon be launched to analyse ideas for a second terminal which should be finished by 2013, until then a 'provisional solution' will be used.

APL has acknowledged the terminals must be capable of dealing with large volumes of passengers and cargo as well as accommodating increased security measures that were made compulsory following September 11th.

According to APL, the new terminal will be a project that is being designed from scratch and will integrate the specific needs of the current market, particularly in receiving large quantities of passengers and their baggage with "quality and efficiency".

This has been one of the main points of criticism from cruise operators whose vessels dock in Lisbon and which often bring up to two thousand passengers and three thousand pieces of luggage into the city.

It is hoped that with the

new terminal Lisbon as a tourist destination will be able to "grow more consistently", particularly where concerning passengers' turnarounds.

By the end of September this year Lisbon's port had received 211 passenger vessels and 316,183 tourists.

APL estimates that by the end of this year the port will process 300 vessels and 407,500 passengers, which means a reduction of 2.6 percent in vessels docking and a stagnating of passenger numbers, in comparison to recent years.

"For 2010, taking into account the number of stopovers that have already been confirmed, we foresee a rise in the number of both ships and passengers", said an APL spokesperson.

Lisbon is presently the fifth busiest port on the Iberian Peninsula and the 60th on a global scale.

"We are convinced Lisbon is already a very attractive destination", said the APL.

A study by the Lisbon Tourism Association calculated that each international cruise ship visitor spent an average of €43.63 each while in the city.

Residents unintimidated by torching of police cars



During the early hours of Saturday morning last weekend two police vehicles were set alight in Lisbon's Bairro Alto neighbourhood, leaving many windows broken, homes marked by the smoke, and the residents shaken but not intimidated by the blatant disregard for authority.

Residents are adamant that the incident "will not spread fear" throughout the area.

The targeted vehicles were parked in bays reserved purposely for police cars and were within a short distance of a local PSP station, though not within direct visibility.

Despite being suddenly woken and startled by the noise of shattering glass and raging flames, none of the locals say they saw the assailants or witnessed the vehicles being set alight.

But even so the majority of the residents in the neighbourhood are refusing to be alarmed by the unprecedented incident and guarantee it will not be a cause of fear.

"Nothing like it has happened before, therefore we are not going to hold all-night vigils and worry that it might happen again. It happened, it has passed, and no one got hurt", one resident said. Later on the following afternoon one of the vehicles was removed but various police officers were allocated to patrol the area.

According to a PSP source two male suspects were being held for questioning, though no arrests have as yet been confirmed.

The case was handed over to the PJ police.

Tourist bus accident on main shopping street



Panic spread on Lisbon's Rua do Comércio last Friday after a bus full of tourists crashed into a fire hydrant though no injuries were caused, police said.

A police source confirmed "The double-decker tourist bus ran into a traffic light then crashed into a fire hydrant on the Rua do Comercio (main shopping street), but the accident did no cause any injuries".

Local firemen, police officers and water engineers

rushed to the scene to provide help and stop the water that was gushing from the broken hydrant.

The worst consequences of the accident were the traffic jams caused as a result and which brought downtown Lisbon to a near standstill.

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Estoril boardwalk re-opened to bicycles

A ban that forbids pedal-pushers from cycling along the Estoril boardwalk will soon be lifted, said Cascais Mayor António Capucho, though certain restrictions will remain in place.

Mayor Capucho confirmed that last weekend a proposal was submitted to the local assembly to re-allow cycling along that stretch of walkway, which follows the local coastline, and voiced hopes that by the end of the year a final decision would be reached and put into practice.

However, cycling on the boardwalk would be limited to "seasonal periods and at specific times".

It was proposed that during summer cycling will be allowed between 18h00 and 10h00, every day, including weekends.

During winter bikes will be allowed on the boardwalk at any time during the week, and would be banned between 10h00 and 18h00 on weekends.

For safety purposes a designated cycling corridor will be created along the boardwalk to keep bicycles separate from pedestrians.

Airport customs seize nearly 40 kilos of smuggled cocaine

Lisbon Airport Customs officials seized 39.150 kilos of cocaine between last Saturday and Monday, detaining three men and three women believed to be drug mules in the process.

The drug that was seized, highly pure and inbound from Brazil, was enough in quantity to be divided into 391,500 individual doses.

During three initial operation three men and two women, all of Brazilian nationality and aged between 27 and 57, were detained after attempting to smuggle the drug into Portugal. The substance had been hidden in belts, clothing, baggage and inside musical instrument cases.

A fourth woman, a 27-year-old Brazilian citizen who was carrying the drugs inside her body was also arrested. She was sent to a Lisbon hospital to have the substance removed.

Inspectors later discovered a further 535 grams concealed behind the screen of a fully functional laptop computer that the woman had been carrying, a smuggling attempt that customs officials described as "unprecedented".

All four suspects were handed over to PJ police. Two mobile phones as well as €1,195 in cash were also seized in relation to the crimes.

Claes Feder

June 1928 – October 2009



Claes Feder, who has died in the Algarve at the age of 81, will be remembered for his love of classic ships, the excellence of his work as an architect and the warmth of his personality as a bon vivant.

His lifelong association with Portugal and all things nautical began on the island of Madeira where he was born. His father was Danish, his mother Swedish. He was 17 before he first went to Scandinavia at the end of World War II.

After studying naval design and engineering at Gothenburg University, he worked for a while as a purser on the *MS Stockholm* plying between Gothenburg and New York. The job led to a fairytale romance.

A Swedish passenger, Berit Herrström, was sailing to the United States to marry a wealthy cotton farmer. On meeting Claes, she cancelled her wedding plans and ended up marrying him instead. "I always considered him first Claes," she would tell friends with a twinkle in her eye.

A major success in his career as a naval architect came in 1966 with the launch at the famous John Brown Clydebank shipyard in Scotland of a new Swedish American Line vessel, the *MS Kungsholm*. As her chief designer, Claes had created a classic 28,800-ton vessel that would serve as both an ocean liner and a cruise ship. It would later be bought by P&O to replace the venerable *Arcadia*.

Within a few years, the direction of his career changed dramatically. He decided to design houses rather than ships and moved to Portugal with Berit and their two children, Viveka and Annika.

The 1974 revolution disrupted his work with Portuguese construction firms in the Algarve. The family moved back to Sweden for a couple of years but, when political and social stability returned, Claes was commissioned to create exclusive villas for the burgeoning Vale do Lobo golf resort.

Having established a high reputation as an individual consultant, he and the Scottish architect Clive Batchelor founded the architectural company Atelier do Sul. Joined a year later by Fred Phillips who added a further design dimension, it proved to be one of the Algarve's most innovative and stable partnerships. It flourished as foreign demand at the top end of the market continued to grow through the 1980s and '90s.

Retirement only suited Claes because it allowed him time to concentrate once again on nautical themes. His last project was a mighty one. He produced detailed plans for a five-star hotel and conference centre within a full-scale replica of the Titanic.

The Feder family will welcome friends of various nationalities in a celebration of Claes' life at 11am on Saturday 24th October at the Garbe Hotel, overlooking the sea at Armação de Pera.

Shirley French exhibits in Loulé

There is still time to see this solo exhibition of oil paintings by British-born artist Shirley French, at the exquisite Cha d'Arte tearoom/gallery in Loulé's blossoming art district. "IMPACT creates Reaction, and Reaction fires Emotion" is the theme running through works by French.

Strong vibrant poppies, or gentle nostalgic scenes, they're all

here, and can offer you the opportunity to help you fill that empty visual space in your personal world, whilst perhaps enjoying the extensive range of teas, drinks and cocktails on offer by the gallery's young managers, Nuno and Cristella.

English spoken. Not to be missed!! Open Saturdays 10.30 a.m., Mon - Fri 2 p.m. until late; Sundays closed.



IMPACT at the Cha d'Arte Gallery, Largo D. Pedro, no. 5-6, Loulé until Thurs 29 Oct

A musical week to remember at São Lourenço

Last week after months of planning the Amigos de Musica (the AMIGOS), generously sponsored by the Mundo Crastino Meliori (MCM) Foundation in conjunction with the Centro Cultural São Lourenço, finally embarked upon their ambitious piano Master Class series under the expert guidance of Paul Crossley, and no one could have foretold how worthwhile and spectacularly wonderful the adventure would turn out to be.

Seven aspiring young pianists had applied for the Master Classes which were free. They were divided into two groups each

since childhood, particularly his benchmark recordings of the Debussy Preludes. He played with renewed confidence, sweeping his attentive audience along with him.

On Thursday morning the second group consisting of Julia Azevedo, 14, and Alena Khmelinskaja, 18 from the Faro Conservatory. From Evora came Claudia Silva, 23, and Antonio Cebola, 24. Paul managed to weave his magic on these young hopefuls to get them ready for a public concert by Saturday evening? The girls, although off to a shaky start had improved beyond recognition and would play Haydn, Schumann



At the second concert: behind from left: Claudia Silva, António Cebola, Alena Khmelinskaja, Júlia Azevedo, front: Paul Crossley.

lasting for three days and both would end with a public recital. The classes began on Monday morning and ran throughout the week and it was fascinating to hear the progress the students made as Paul gradually showed them how to polish and improve the pieces they had chosen to study. Paul Crossley has spent a distinguished career playing with most of the major orchestras of the world, recording more than fifty CDs, many of which have won major awards and carrying out Master Classes all over the world. Paul was honoured in the 1993 Queen's Birthday Honours list when he received a CBE. Who better then to pass on some of his wealth of skill and expertise to a younger generation?

In the first half of last Wednesday's concert we heard Olesya Kyba aged 25 from Lisbon followed by Raphael Azevedo aged 15 from Barreiro, both playing works by Ravel. In the second, Pedro Ferro gave us Ballade Op. 52 by Chopin and Carnival by Schumann. Pedro who is thirty and already a well established pianist told us that he has admired the work Paul Crossley

and Chopin in the first half. António Cebola, who had astonished us on the first day with his quiet modest charm and his well rehearsed chosen pieces, would fill the second.

Last Saturday's concert will remain in the memory of the capacity audience for a very long time, the second half especially when we were galvanised by a spectacular performance of two of the most difficult and challenging pieces of music ever written for solo piano. The Andante spianato et grande polonaise brillante Op. 22 by Chopin and Gaspard de la Nuit by Ravel. António Cebola was equal to both of these stupendous works and pulled them both off with such aplomb one after the other for the first time at a public concert shows a rare and prodigious ability. The Cultural Centre audiences are always appreciative but on Saturday night António Cebola held us completely under his spell.

It was a wonderful week when seven aspiring young musicians from Portugal were able to reap the benefit and take encouragement from an acknowledged Master of the piano.



São Lourenço School raised €586.10 at their car boot sale on Sunday 18 October.

A standing ovation for The Angels



The Angels Theatre Group have once again triumphed after receiving standing ovations from packed houses on both nights of their recent production of *The Old Time Music Hall*.

The Stable Gallery at the Sao Bras Museum became the venue for an authentic staging of a traditional Victorian tavern.

The worthy Chairman played by Mr. John Griffiths presided over the evening with panache and authority first introducing the entire cast as they started the revue with a seaside medley of songs whilst encouraging the audience to "sing-a-long".

A succession of solo acts followed led by Mr Keith Thomas who continued the Victorian beach theme playing his ukulele and singing "Blackpool Belle".

Mr Ralph Keenan informed an amused audience as to why there was "An 'Ole in the Ark" and Mr Damian King wondered with much pathos why he was "Nobody".

The audience now believe Miss Joy Behennah is "A Mermaid" but were not convinced that The Temperance Sisters played by Miss Behennah and Miss Marion Griffiths were quite what they seemed.

Staying up past her bed-time Miss Margaret Matterson asked why "Daddy Wouldn't Buy her a Bow Wow" and Miss Griffiths wondered "Why She was Always the Bridesmaid".

The accomplished quartet known as Clefomania singing in barber-shop style thrilled the audience as did Miss Sadie Mathews who captivated with her beautiful rendition of "I Love You So" from the *Merry Widow*.

No Music Hall would be complete without a melodrama and the audience responded with loud enthusiasm to "Maria Marten or Murder in the Red Barn" booing the villain played by Mr Griffiths, cheering the hero played by Mr Roger Legg and encouraging the heroine played by Miss Patricia Nascimento.

The fantastic costumes so important against a simple set were created by Miss Gill Gibbons.

The entertainment wasn't tall. A supper of bangers and mash was included in the ticket price and supported by a busy bar with serving wenches.

Congratulations poured in: Mrs M. said "Everyone had a jolly good time and went home very happy"; Mrs. B. said "You were all superb and very professional. Keep us informed of future events; Mrs W. said "We love amateur theatre when well done. Great fun and entertainment."

A total of over 4,000 euros was raised to benefit the Aged of São Bras with the help of São Bras Solidário.

For future productions see www.angels-theatre-group.com, enquiries The Angels TheatreCo@live.com

Rodrigo Silvestre exhibition opens in Paderne

Fascinated by Portugal's café culture, Rodrigo Silvestre is a young and accomplished artist creating realistic scenes filled with atmosphere. An exhibition of his work opens this weekend at Galeria Corte-Real in Paderne.

Educated in Torres Vedras and tutored by the painter, Duran Castaimbert, Silvestre's use of bold colours and attention to detail are striking aspects of his work. Bringing to life typical aspects of Portugal's bar society some of his paint-

ings have been compared to Edward Hopper's American diner series.

Complementary refreshments and wines from Casa Ermelinda will be served during the weekend.

Saturday 24th from 11am until 7pm; Sunday 25th from 11am until 5pm; Normal opening hours; Thursday to Sunday from 11am until 5pm; Signs to the gallery from Boliqueime, Ferreira and Paderne; Telephone: - 912 737 762 or 918 980 199.



Walking in the beautiful Algarve

Lets walk... from Figueira, Portimão

Saturday October 24th

An easy walk of just over 2 hours through countryside with a visit also to the Roman mosaics.

1.30pm start - meet at the O Camelo cafe/ snack bar on the EN 125 at Figueira. Exit the A22 at Alvor and follow the signs for Lagos, the village of Figueira is just after hotel Penina and the cafe is on the left just before the footbridge.

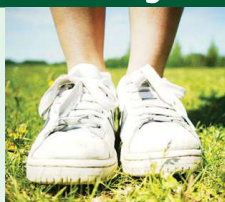
...from Parragil

Wednesday October 28th

A terrific walk through hamlets and countryside just north of Boliqueime with views down to the sea. The walk is just under 3 hours, there are no steep climbs but there is some up and down!

10am start - meet in the centre of Parragil where there are 3 cafes! Take exit 11 on the A22 and follow the signs for Loulé. After passing the quarry take the first left and at the next junction go left again. The centre of the village is 100m on this road at a X-roads.

There is no need to book please just come along, we promise you a great time, wear comfortable shoes, bring some water & a sense of humour. There is a charge of €5 for the walk which includes a donation to charity. Walk organiser & leader: Julie Statham 965 753 033



East Algarve Walks

Tuesday & Friday mornings

For more information contact Brian: 913 595 868, brian@moonlightservices.eu, www.moonlightservices.eu

Longer Walks

Algarve Walking Experience.

Saturday 24th October

Start at 10am in SALIR outside the Information Centre.

The walk will be about 4 1/2 hours and take in hills and the surrounding valleys.

Bring lunch and drink. There will be a charge of €5 each. Good tracks, one or two climbs slightly strenuous in parts

Salir is north of Loulé as you come into Salir follow the road left, after the traffic lights turn right, then right again, then left, info centre is on your right. If you come via the 124 road turn right or left at the new roundabout signed Loulé go up the hill into Salir turn left at the big palm tree info centre is on the left (the old school). Any problems tel. 912 715 835.

Inaugural open day at Valverde bowls club

What a perfect opening day on 18th October. Valverde Bowls Club at Almancil officially opened its green by inviting representatives from all the bowling clubs on the Algarve to take part in an Open Pairs Competition in which 64 bowlers (representing nine different clubs) took part in a day-long event. The competition was sponsored by Celebrations of Albufeira who provided commemorative trophies.

This event was the icing on the cake for the Committee of the Club whose dream of building a bowling green had now been realised. When the Vale do Lobo Bowls Club closed suddenly in March 2007 leaving so many bowlers shocked and disappointed, the search started for a site for a new green. We were offered a lease on a plot of land at the rear of the Don Camillo Restaurant at Valverde, and after



Winners John & Lorraine Freeman of Tavira Bowls Club who are being presented with their trophy by Henry Parlour, Valverde President, and our sponsor Lorraine Marshall of Celebrations.

Bowls Algarve

Week two of the new season saw Alvor Greens continue their good start with a second eight - nil points victory, this time at home to Tavira. Greens winning by 63-32. Also at Alvor, the Amigos entertained the visiting Valverde Vikings, the visitors winning by a solitary shot 43-42 in a close and exciting encounter, and taking six points to two. In the afternoon at Alvor, the Harlequins took on the PDF Sinners and won 61-46, earning six points to two and kick starting their season.

Over at Amendoeira, the local Nuts went down to the Alvor Gladiators by 63-45 and by six points to two. Pedras

Panthers had a good home win over the PDF Crusaders by 60-40, gathering up seven points to one. Finally the Valverde Vulcans were at home to the ABC Cats, who won a convincing away victory by 60-37 and earned six points to two.

Early days in the league table, but Greens are out in front with a maximum 16 points, closely followed by the Cats on 14 and the Sinners on 10 points. Panthers have 9, whilst Harlequins, Gladiators and Vulcans have 8 apiece. Then come Crusaders on 7 and Vikings and Tigers each on 6 points. Finally the Amigos and Nuts have two each at this early stage.

Alan Clarke, League Director

much debating and planning, the new green was conceived. With Founder Members generously investing in the building of the green, and a firm Management Committee in place, the barren plot of land turned into an oasis of green turf and the Valverde Bowls Club was born. We already have a membership of about 50 and our club is unique in

that it is the only club on the Algarve funded, owned and managed by the bowlers themselves.

The saying "When one door closes, another door opens" is certainly true, and the Valverde Bowls Club will always offer an open door to any bowlers - new or experienced.

Jan McGlynn, Club Secretary. (www.valverdebc.co.uk)

Classical concert at the Museu do Trajo, São Brás

Tuesday 27th October, at 8.30pm

Tickets at door or book by calling: 966-329-073



The Wittener Streich Quartet is comprised of Nora Isabel and Marie Hunanyan, violin,

Christoph Daniel Zander, Viola and Jakob Jann, Violoncello.

This young group of talented musicians who won the second prize at the national competition in Germany called "Jugend musiziert" (youth makes music), was founded in 2002.

During the years the Quartet has been working together, they have built up a comprehensive repertoire of various musical periods and styles.

The quartet was extended to include the pianist Malte

Schäfer who has won many prizes at the same competition "Jugend musiziert".

As well as playing the piano, he is also a wonderful singer who sings in several choirs whilst also taking classes in singing and oboe.

This concert has been sponsored by the Goethe Institute in Lisbon as part of the commemoration celebrations of 20 years of a reunited Germany.

Their very extensive programme includes works by; Mozart, Grieg, Brahms, Schubert, Haydn, Borodin and Shostakowitsch.

St Patrick's Society of the Algarve - Coming events

October 30th - Ten - pin-bowling - Algarve Shopping bowling alley. 6.30pm for 7.0pm. €10 for members (€15 for non-members) includes free drink.

November 27th - Quiz night - at Monte Santo Resort, Carvoeiro. 7.0pm for 7.30 pm. This is always a popular event and usually over-subscribed so please reserve your place as soon as possible. Numbers limited to about 56-60. Quizmasters: Mick

Waters and Sylvia Panford. The venue is a five-star resort behind Carvoeiro, not far from the Carvoeiro Tennis Club. Tickets for dinner with wine/ soft drink and quiz will be €25 per person (€30 for non-members). This will be payable in advance.

If you would like to attend either of these functions and want to reserve, please contact the Events' Co-ordinators, Roy and Carol Carpenter, tel. 282 084 936 or roy4eyes@yahoo.co.uk.

Muddy Cogs bike rides

Saturday - Movers - 24th October

Starting Point: Olhão - On the west end of the sea front, in front of the new apartment block developments. There is plenty of car parking here between the Marina and the main road. Lets meet here at 09.45 for a 10am start.

Ride details: This weeks ride is around 35km and is mainly on dirt tracks and tarmac. This route has lots of variety and has a few hills, but nothing to worry about!

We pass through some beautiful quiet countryside and cycle into Moncarapacho where there will also be a cafe stop. An interesting and varied ride and one definitely not to be missed. I am sure that you will enjoy this ride.

Sunday - Shakers - 25th October

Starting point: Lets meet here at 09.45 for a 10am start.

Ride Details: This ride will be around 30km, but there will

be options to shorten or extend depending upon how riders feel. We will cycle mainly on quiet roads and occasionally flat dirt tracks around the Lagoa and Armção de Pêra area and also cover some parts of the Ecovia do Litoral coastal cycle path. This is an easy and pleasant ride with a cafe stop.

Paul will be at bikeland from 9-9.15am on Saturday and can take some people and/or bikes from there if required. Bike hire for Sunday needs to be booked in advance as Bikeland is closed on Sundays, if anyone needs a bike then please let Paul know and he can collect it on Saturday & return on Monday. Anyone needing transport on Sunday please let Paul know.

Paul looks forward to seeing you over the weekend. The cost is €5 per person (no joining fee). Please call if you need clarification of the directions. For more information, contact Paul Beesley on: 289 360 001 or 913 226 954, email: paul.beesley@sapo.pt, www.activitalgarve.com.

St. Andrews Society Algarve

St. Andrews Ball will be held at Le Meridien Hotel Penina on Saturday 28th November at 7.p.m.

Music by Scottish Band "Sound of Islay"

Tickets available NOW from Kathy Tel. 919 635 246

Price €36 (members) €38.50 (non members)

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"Best designed (Algarve par 3) layout" - Greg Turner. "Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

TWILIGHT	PROMOTION	SPECIAL PROMOTION (JUNE-OCTOBER)	BREAKFAST OR LUNCH
€25 - With Clubs - €40	June to August after 3.30pm	9 Holes - €20 18 Holes - €30	9 Holes - €26.50 18 Holes - €38
September to October after 2.30pm		With Clubs - 9 Holes - €32.50 18 Holes - €47.50	With Clubs - 9 Holes - €40.50 18 Holes - €57.50

GREEN FEES

9 Holes Green Fee €24.00
9 Holes Green Fee Junior €16.50
18 Holes Green Fee €37.00
18 Holes Green Fee Junior €25.50

SEASON TICKETS

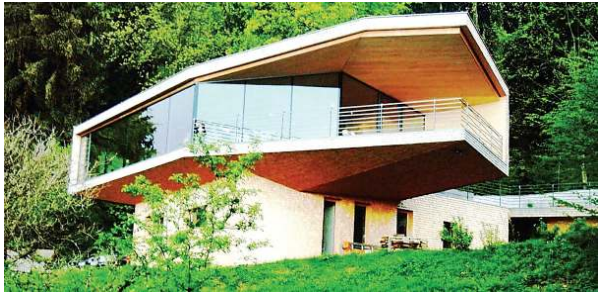
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Hugely popular in Europe, these timber framed buildings are an ideal alternative to regular construction, providing advanced building methods that offer strong, sturdy and stylish building solutions. Fire-resistant and strong enough to withstand extreme weather and severe earthquakes, they are ideal for Mediterranean climates, being particularly suitable for the Algarve. Hofhouses are environmentally friendly and offer many other advantages over regular concrete buildings: they are highly energy-efficient; allow a huge flexibility in terms of design; eradicate damp, dust and humidity (great for people with allergies); exterior finishing depends solely on the client's individual taste; they require minimal construction time and the houses can be easily adapted at any time to suit ever-changing needs.

The sturdy wooden beams make Hofhouses self-supporting structures, therefore interior support walls are not needed as in concrete homes, creating very open spaces and leaving the layout entirely to the customer's imagination.

With the European Union getting increasingly stricter with energy efficiency for homes, Hofhouses are the ideal solution as it is estimated that energy saving costs can reach up to 90% a year with timber framed homes.

How? These homes incorporate modern techniques to provide heating, cooling and warm water for low-costs, described as 'passive houses'. These houses reach their phenomenal savings by two basic principles, avoiding heat loss and optimizing free heat gain. Comfortable temperatures can be kept without using active heating or cooling systems.

Traditional Portuguese builds can often be poorly insulated, humid, damp and drafty, with walls that are cold and wet in autumn, winter, and spring. Should mildew occur inside the house on the wall it can be extremely dangerous to people's health!

The good thermal insulation of the HofHouse construction makes economic and ecologic sense and it increases the comfort of living and can entail significant savings.

The Hofhouse low energy timber frame construction will save almost 70% of the energy consumption and costs for heating and cooling compared to a standard Portuguese way of building. This also means 70% less CO2 emissions - about 3 tons less CO2 per year.

But however you look at it, Hofhouses are a sensible choice as they save time in the short run, money in the long run and they are healthier to you and the environment.

Portugal Property Experts



Portugal Property Experts, an estate agency based in Almonacid recently hosted the latest in a series of Open House and Art Exhibition events designed to showcase local artistic talent while giving open access to a number of desirable properties.

The events are a relaxed and friendly affair with drinks and nibbles served and the chance to explore the property at your leisure, have an informal chat with the staff from Portugal Property Experts regarding the property on show and buying and selling property in Portugal in general and meet the artist.

Miguel Menezes, director of Portugal Property Experts explains:

"Everyone loves to visit beautiful and interesting homes. So here at Portugal Property Experts we wanted to use our expertise and contacts to create an open house event with a welcoming atmosphere where buyers and sellers could come to discuss their

needs informally, we could highlight the latest investment opportunities and art lovers could enjoy original works of art hung in a variety of outstanding properties and gardens"

This latest series of events feature large and eye-catching canvases of figurative art including dancers and city scenes by local artist Charles Clements. The next Open House and Art Exhibition is scheduled for Monday 26th October from 11am to 7.30pm at Villa C1.14 in Vila Sol - it will be signposted from the entrance to Vila Sol. Everyone welcome.

Portugal Property Experts are independent licensed estate agents with offices in Avenida 5 de Outubro, Almonacid, Algarve. If you are interested in selling your Portuguese home or investing in property in Portugal their experienced, friendly team will guide you through every step of the process and help you make an informed and sound investment.

Luxury Cruising and Motor Boat rental at Albufeira Marina



Marine Brokers Boatshed Algarve is delighted to announce the arrival of an Atlantis 47 Motor Yacht to Albufeira that family and friends can now exclusively charter for day trips. Also, for next season, the availability of Motor Boat rental for those that have the boating qualification, however, do not want the ongoing expense.

Until now these types of operations were only available by travelling first by road to Vilamoura or distant Lagos.

Boatshed Algarve is a family business, run by Gary and Russell Francis established here now for five years, they will be delighted to show off the beautiful, yet rugged coast between Albufeira and Portimão, stopping for lunch on board in a secluded Bay or whisked ashore at many of the Beach Restaurants.

Alternatively, take to the water as skipper of your own sports boat for the day, experience the independence that brings, cruise away from the crowded hustle bustle of terra firma, enjoy water skiing, wakeboarding, dolphin watching, fishing, or a combination of all. Naturally you will need the appropriate day skipper qualification

which Boatshed are happy to advise on.

Skipped Chartering or self drive are an excellent way to test the water and establish what type of boat is right for you, Gary a keen fisherman says "The Algarve is one of Europe's hotspots for marine life with its sheltered Atlantic coast and warm waters attracting many large game fish, no need to travel to Florida it's all here, sorry to expose the secret!"

Boatshed Algarve's primary business is the sale of used vessels, Russell says "despite the recession this season has seen our best trading figures, with boats changing hands at realistic prices, we currently have some of the best stock in Europe, our Charter operation will we anticipate, allow more people to get a taste for the pastime we already feel so passionate about".

Boatshed Algarve have over 150 yachts, power boats, jet ski's, sailing dingies, tourist vessels and R.I.B.s in the Algarve, whatever your used boating requirements go to the website for reactive and proactive searching facilities,

THIS WEEK'S PROFILES



Hofhouse

For more information on HofHouse Portugal, please email hofhouseportugal@gmail.com, call Cidalia 963937330, Theodor 918 686 213, Joao 968226689 or check out their website www.hofhouseportugal.com.



Boatshed Algarve

For general information, info on local laws and taxes or assistance with registration and insurance matters, contact Boatshed Algarve on: (+351) 289 502 419, or see website: www.boatshedalgarve.com



Michelle's UK Mini Market



Formerly known as M&J's, the newly renamed Michelle's Mini Market is still one of Albufeira's favorite UK foodstores.

Now open for nearly four years, Michelle's Mini Market is in 'Old Town' Albufeira and offers one of the largest selections of UK foodstuffs and household products available in the area. With a daily 'Special Deal' and '€1 Basket' there is always a bargain to be found, helping to make your money go that little bit further.

Just arrived is a new selection of Kosher foods, as well as a new selection of boxes of chocolates, Christmas card boxes (priced at €4 each), Mince Pies, and Christmas Crackers will be coming soon.

At Michelle's Mini Market shoppers will also find a large range of frozen products, amongst which are various types of English bacon and sausages, frozen veg (including parsnips), McCain's 'Micro-Chips', mini Chicken Kiev's, crumpets and bread.

Chilled products comprise numerous cheeses and canned drinks, dou-

ble and single creams, etc, while the tinned and jarred stock is made up of hundreds of types of soups, sauces, ready-made meals (like stews, chilli con carne, etc), mushy peas and baked beans, pies and preserves.

M&J's baby range is outstanding and can save parents travelling from the UK to the regions many kilos in weight. As well as a huge range of Cow & Gate baby purées there is also a large Hipp organic baby food range available. Gripe water is also stocked for babies that suffer colic, as well as Johnson & Johnson and Pampers products.

If you are travelling to Albufeira soon and would like a food pack put together to be collected or delivered, made up maybe of cereals, British bread, sausages and baked beans (for a nice 'Full English' breakfast) tea bags for a 'proper cuppa' and baby food (to save you carrying it about), all you have to do is give them a ring.

Alternatively, the thousands of products in stock can be seen on their website.

Michelle's Mini Market

For more information, contact Michelle's Mini Market on: (+351) 936 563 472 or 289 592 318.



Portugal Property Experts

For more information call: (+351) 289 358 678, fax: 289 391 343, email: helen@portugalpropertyexperts.com, or see website: www.portugalpropertyexperts.com.

If you would like us to profile YOUR business, call our Sales Manager on 707 500 677

Japanese made simple

Harumi Kurihara is widely known as Japan's answer to Delia Smith, after she revolutionised home cooking for thousands of women in her home country. Now Harumi is hoping to introduce easy Japanese cooking to British cooks with her latest book *Everyday Harumi*.

Harumi takes Kate Whiting through a couple of her simple recipes.

Harumi Kurihara is big in Japan. In her homeland, the diminutive, smiley cook is the equivalent of Delia Smith - minus the football team.

Having spent 20 years teaching Japanese housewives how to cook, while producing a range of best-selling cookbooks and a quarterly magazine, Harumi now wants to show the British public how easy her recipes can be.

Last year, Harumi spent three weeks in a flat in north London, experimenting with all the ingredients she could get her hands on.

The result is *Everyday Harumi*, a collection of simple Japanese recipes infused with common British ingredients.

To find out just how easy it is to cook Harumi-style, I met the chef at a cosy cookery school.

The picture of calm as she methodically takes me through a recipe for fishcakes with fresh ginger, Harumi explains that healthy eating is the norm in Japan.

"Japanese food isn't particularly fattening and there's an awful lot of vegetables, particularly in my style of cooking," she says.

After mincing the prawns and salmon, we move on to the ponzu soy sauce, for which mirin - a sweet, alcoholic liquid used in lots of Japanese cooking - is a key ingredient.

Like most Japanese ingredients, some supermarkets and specialist stores sell it, but if you can't find any, Harumi says soy sauce with lemon juice and sugar is a suitable alternative.

She's aware that finding some Japanese foodstuffs can be tricky, so she's listed stockists around the country in the back of her book. And if all else fails, her motto is "just get started".

"As a first step, try it with soy sauce," she suggests. "People often ask, 'What do I do about finding miso and things like that?' but

today, we haven't used anything particularly difficult. The most important thing is just to start and try with those things you do have."

We squish the fish and chopped onions into balls, which then fry in vegetable oil in a pan until brown. While they're cooking, Harumi shows me how to chop the ginger thinly, saying the thinner it is, the better the flavour.

We serve the fishcakes with a neat pile of ginger on top (presentation is important) and then we dip them into the ponzu sauce before eating - they're delicious and healthy and so simple to make.

Harumi explains that the sauce will keep in the fridge for up to a month and can be used as a salad dressing. Like many Japanese sauces, it's very versatile.

Born to a big, traditional Japanese family, Harumi learnt to cook at a young age - she says her 80-something mum still starts the day by making a sesame sauce.

It was a skill which proved to be very useful for entertaining when Harumi married a TV anchorman.

"We used to have an awful lot of guests come to the house and I would always make a little bit of food for everyone," she says.

"It became more and more popular and people wanted to come and try my food, so from a small beginning, it's become very big."

She acknowledges there are cultural differences between Western and Japanese food - "you don't use much sugar in main courses" for example - but believes we can bridge the gap between them just by embracing both ingredients.

"I would like to see people around the world being able to say, 'I fancy eating Japanese tonight, what shall I make?' and then making it easily."

Why not try some of Harumi's recipes for yourself?

Miso soup with potato and onion

(Serves 4)

Harumi says: "Like most Japanese, I like to start my day with a lovely hot bowl of miso soup - it is an essential part of a Japanese breakfast. Miso is a really healthy and convenient ingredient and it's possible to make miso soup using almost any vegetables. Try it with any of your favourite ingredients, spinach, carrots, tofu - it works well with almost anything."

150g potato
80g onion, peeled
800ml dashi stock
4-5 tablespoons awase miso

Peel the potato, quarter it and cut into 5mm-thick slices. Soak in cold water for 2-3 minutes to remove any excess starch and then drain well. Slice the onion thinly.

Heat the dashi in a saucepan, add the potato and simmer.

When the potato is almost cooked, add the sliced onion

and continue to gently simmer until the onion has softened.

Gradually add the miso paste, mixing it with the hot dashi in a ladle before adding directly to the soup. To achieve the best miso flavour, do not bring the soup back to the boil, serve immediately.



Errata

In last week's edition we reviewed the *Palacio do Piri Piri*. We wish to apologise for two errors: 1) The owner's name is Frans Rood not Root. 2) The British couple ran the restaurant for 8 months and not 18

months and Frans wishes us to stress that he was very sad to see them go and in no way blames them for the loss of clients.

Our apologies to Frans, the "British Couple" and our readers for where our article failed to represent the true facts.



Salmon and prawn fish cakes

(Makes 18 small fish cakes)

Harumi says: "Salmon is usually cooked as a fillet but I like to chop it up like mince - it can be used like this in many different recipes. Here I mix it with prawns, but equally you can replace them with chopped pork or chicken. I like to leave the onions in quite large pieces as they give the fish cakes an extra bite and I love serving them with lots of fresh shredded ginger on top."

360g salmon
120g shelled raw prawns
120g onion
1 tbsp sake
Salt and pepper
Sunflower or vegetable oil
Ponzu soy sauce
Finely shredded fresh ginger

1. To make the ponzu soy sauce: In a small saucepan, bring the mirin to the boil, then reduce the heat and cook for a further 2-3 minutes over a low heat to burn off the alcohol. Remove from the heat and add the soy sauce, lemon juice and konbu and leave to cool.

2. Remove any skin or bones from the salmon and finely mince.

3. Chop prawns finely. Both the salmon and prawns should resemble minced meat.

4. Chop the onion into 7-8mm size pieces.

For the ponzu soy sauce:
100ml mirin
100ml soy sauce
60ml lemon juice
5cm piece konbu seaweed

5. Put the salmon and prawns into a bowl, mix well then add the onion and mix again. Add the sake, some salt and pepper to season, and combine thoroughly.

6. Shape the mixture into small fish cakes, each one being around 4-5cm in diameter.

7. Heat a little oil in a large frying pan and when hot, place the fish cakes in the pan, allowing them to brown well before turning over.

8. Once cooked, place on a large plate and drizzle over the ponzu soy sauce and garnish.

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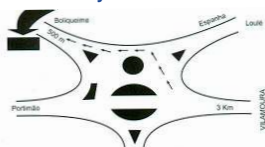


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PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 24 Oct 2009

PROPERTY OF THE WEEK

Exotic Elegance

Pinhal Velho, Vilamoura



Located on the outskirts of Vilamoura in what is arguably one of the nicest areas in that region, this week's featured property is a high-spec, luxury villa that offers elegance and customised state-of-the-art comfort in spacious, stylish surroundings. It is located within the private Pinhal Velho neighbourhood that is secure, quiet, and yet just a stone's throw from all amenities, like Vilamoura's beaches, Marina, golf courses, restaurants and shops.

No expense has been spared in making this three-year-old, four-bedroom property outstanding, both visually and interactively.

An intelligent home-programming system sets lighting moods, activates alarms, adjusts room temperatures, and much more with just the single touch of a small screen.

The furnishing, which is negotiable with the purchase of the house, is an eclectic mix of exotic accessories from around the world, while finishings are of high-quality, local and international natural materials.

Entering the property, the front door is immediately striking: an untreated, nail-studded solid wood door from Pakistan that sets the tone for the rest of the interior – unusual and beautiful.

Through the main door and right off an airy entrance hall is a large living area, which has double aspect patio doors that slide back to be completely concealed within the wall, leaving the living room totally open to the outdoors and bringing the outside in.

Down a few steps right again from the living room is a second living area called the 'Winter Snug',

which is smaller (and cosier) than it's main counterpart and has a beautiful functional wood-burning stove.

Set to the back of the main living room is a spacious dining area, which currently holds a table for 10 and a grand piano.

Back again from the dining room (or right from the entrance hall) is the kitchen, an impressive space that is chic, modern, and functional, with a remarkable amount of storage space.

The black polished-granite worktops gleam against the elegant natural tone of the solid oak fitted kitchen, which also has a central island breakfast area big enough to seat several people.

A separate laundry room with its own private entrance and a guest bathroom are set off from the kitchen. Both the laundry room and the kitchen have direct access onto a covered dining patio and barbecue area, which is complete with a sophisticated gas grill.

Left from the main entrance is the sleeping wing, made up of four bedrooms, each individually finished and all of good sizes with stunning en-suite bathrooms and fitted wardrobes.

The huge master bedroom has double aspect sliding doors, a capacious dressing area, and an en-suite bathroom with a column-flanked raised hydro-massage tub, twin basins, a double-size walk-in shower, and an offset toilet and bidet.

There is under-floor heating and air conditioning throughout the villa; the bedrooms being equipped with radiators for the cooler nights.

Down a flight of stairs is a massive converted basement, comprising a fabulous home cinema,



which is fully covered with sumptuous carpets, a gym, a 'Turkish Bath' steam room, a wine cellar, and an office complete with a safe-room. There is also a covered garage for several vehicles, a maid's room (which also acts as a fifth en-suite bedroom and would be a perfect games room or library) and outside there is an extra storage room for garden tools.

Outside, the expansive garden

with fully automatic irrigation is absolutely stunning, designed to naturally blend in with the acclaimed Millennium golf course at the bottom of the garden; there is also a large salt-water heated swimming pool, an offset sunken Jacuzzi area, and 256 LED lights that magically up-light the garden's flora. The villa comes also fully equipped with an alarm sys-

tem, solar panels, carport for two cars and a cisterna with capacity for 50,000 litres.

For more information on this unique, high-end property, contact Paulo at Kasas & Kasas – Algarve Property Central on: (+351) 919 521 737, e-mail: paulo@algarveproperty.com, or see website: www.algarveproperty.com. Price on application – serious offers only.





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VILAMOURA - PINHAL
Ref. MB92559
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Price: € 295.000




POÇO GERALDO - LOULE
Ref. TC92473
Investment opportunity. 625 sq.m. plot. Located on a very quiet area with several villas in the neighborhood. Approx. 4/5 min. drive from Loulé. Project to build a four bedroom detached villa on three storey with pool. Excellent access. South facing. Lovely panoramic sea and country views.

Price: € 150.000



VILA SOL
Ref. V92551
Luxurious four bedroom villa. 300 sq.m. inside five star golf resort, near amenities. 1.147 sq.m. plot. Two suites. 60 sq.m. lounge. Fitted kitchen and laundry. Underfloor heating. A/c. Alarm. Surround sound. Top finishes. Landscaped garden with pool and BBQ area.

Price: € 1.100.000



VILAMOURA
Ref. MG92566
Three bedroom semi detached villa. 180 sq.m. Residential area near several golf courses. Fitted kitchen. Large living/dining room. A/c. Garage for 2/3 cars. Recently refurbished. Private garden with pool and BBQ area. South facing with lovely open views.

Price: € 475.000



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EA 056 MCAB – € 130.000

Property near Tavira
Interesting & charming property consisting of a comfortable 3 bedroom cottage w/ central heating & A/c, 4 independent studio accommodations, 4 shower rooms, 2 wooden houses, sw. pool & 12.419 m2 of attractive land, approx. 6 kms from Tavira. Ideal for various types of business.
EA 078 PTAV – € 350.000

House Tavira
Charming old house, recently renovated in very good taste, in the heart of the historical centre of Tavira, with 1 bedroom, 2 bathrooms and mezzanine (ideal to be another bedroom), small closed-in patio. Total area of 59.26 m2m2.
EA 071 HTAV – € 180.000

Villa Neighb. V. Nova Cacela
2 bedroom villa with double garage & approval to transform garage into 2 bedrooms & 1 bathroom (could be independent apartment) plus approval for sw. pool, on a plot of 440 m2, situated 3 kms from Manta Rota beach. To be sold furnished & equipped.
EA 072 – VVNC – € 235.000

Bungalow – Cabanas
Charming 2 bedroom bungalow style house in need of a little bit of TLC, lovely garden area of 476 m2 mostly w/ lawn, palm trees & flowers, spacious roof terrace, within walking distance to shops, beach, golf course, 3 kms from Tavira. To be sold furnished & equipped.
EA 073 BCAB – € 184.000

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Ref: 859 Manta Rota - € 220.000
Fantastic 3 bedroom fully furnished townhouse close to the beach and facilities. Lounge with fireplace, fully equipped kitchen, satellite English TV, air con throughout, mosquito screens, a shower room and a bathroom. Very good for rental investment.

Ref: 927 Luz de Tavira - € 240.000
Nearly new beautiful three bedroom house close to facilities and only a few minutes by car to Barril beach. High quality finishes, equipped large kitchen, lounge with fireplace, air con, mosquito screens, enormous patio with room for private pool.

Ref: 924 Altura - € 238.000
Lovely townhouse in a quiet cul de sac, lounge with fireplace leading to dining room, equipped kitchen, three beds, three baths, air con, mosquito screens, patio to rear with BBQ and pergula, just a few mins on foot to facilities and 10 mins on foot to the beach.

Ref: 922 Praia Lota/Manta Rota - € 275.000
Fully furnished modern townhouse with garage only 100m from the beach, generous lounge with fireplace, large kitchen, 3 beds one en-suite, 3 baths, roof terrace and rear patio with BBQ, very good rental property.

Ref: 926 Luz de Tavira - € 180.000
Townhouse close to centre of the village, a few mins by car to great Barril beach. Unusual design open plan lounge/ equipped kitchen with v. high ceiling, fireplace, 3 beds one on ground floor, 2 bath, rear patio, large basement room and roof terrace. Bargain price for rapid sale!

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Vilamoura
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Ref: A1341 Price: € 125,000

Quarteira
Spacious apartment situated near the beach, composed of 3 bedrooms, 2 bathrooms, lounge with dining area, equipped kitchen, pantry and terraces. Parking space and storage in the basement. Construction area - 117 sq. m.
Ref: A1338 Price: € 235,000

Gambelas
3 bedroom villa composed of 2 bathrooms, lounge with dining area, equipped kitchen, basement, hallway & various terraces. Carport, sw. pool and garden. Air conditioning and sprinkler system. Plot area - 460 sq. m. Construction area - 240 sq. m.
Ref: V12645 Price: € 375,000

Vilamoura
Beautiful villa composed of 3 bedrooms, 3 bathrooms, lounge with fireplace, kitchen, laundry room and various terraces. Parking area, salt water sw. pool and garden. BBQ. Furnished and equipped. Plot area 476 sq. m. Construction area approx. 128 sq. m.
Ref: V12626 Price: € 670,000

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Three ways to... prevent wind scorch

1. Plant vulnerable shrubs in the shelter of deciduous hedges, which filter the wind. Dense evergreen hedges and walls may simply deflect the wind and cause damaging turbulence elsewhere.
2. Mulch the soil around plants to reduce the drying effect of the wind.
3. Place container-grown plants against a sheltered house wall, but be careful to avoid wind tunnels.

Good enough to eat - Broad beans

Broad beans have been chosen by the UK National Trust as one of the top-three veg to grow in winter, as part of its Food Glorious Food campaign aimed at encouraging the next generation to grow their own.

Sowing at this time of the year means they won't be attacked by pests, while children love picking them and eating them straight from the pod - a great way to get them eating vegetables.

Only attempt autumn sowing if your plot is sheltered, free-draining and in a mild area - and choose a hardy variety. For all other locations it's better to sow under cloches in early spring. Early beans can be harvested from May onwards.

They aren't too fussy about soil requirements, but will do better if well-rotted organic matter is dug into the ground before planting.

Sow seeds individually at a depth of 5cm with a dibber or pencil, 23cm apart in small blocks or double rows. Aim for

a series of successional sowings of around 10 seeds and, if you sow your beans in autumn, delay the first spring sowing until the weather has warmed up enough for the autumn beans to have put on some strong growth.

As they grow, stake plants to bamboo canes - when the young beans appear at the base, pinch out the growing tips, nipping off the top of the stem with two pairs of leaves attached.

Harvest the beans before they become starchy, removing the pods from the base of the plant first and working upwards.

Good varieties include 'Aquadulce Claudia', which can be sown outdoors in autumn if the soil is still warm.

As part of its campaign, the UK National Trust will mark the start of the winter growing season with a series of events including winter vegetable workshops and cookery demonstrations. See www.foodgloriousfood.org.uk for more details.



*Broad beans growing



Japanese maple tree in autumn

Make autumn a colourful grand finale



Autumn splendour is always the grand finale of the growing season, as leaves turn vibrant shades of yellow, orange and deep red, while berries provide further interest - and not just for the birds.

So, if you are now looking out on a bare garden with little colour, think about the ornamentals you could plant to add some pizzazz to the scene and contrast well with each other.

Autumn colour shows up best with a solid, dark background such as conifers and evergreen shrubs, so bear this in mind when planning.

Trees should be used carefully so that their effect is a highlight rather than just a small part of a busy planting scheme. Green is still the most important colour in the garden and should therefore be the most prevalent, so don't overdo it with bright-leaved plants or the effect will not be restful.

The ornamental cherry (*Prunus sargentii*) is a wonderful specimen whose young leaves are red, turning to dark green. In early autumn they become brilliant orange-red and finally a deep red. The leaves don't drop at the first hint of frost, but last longer on the tree.

A smaller tree is the Persian ironwood (*Parrotia persica*), which grows to eight metres and whose leaves turn to a patchwork of orange, bright red and purple in autumn, although it needs acid soil for good leaf colour.

Combine trees and shrubs of different hues.

The rich, deep reds and burgundies of Japanese maples such as *Acer palmatum* 'Bloodgood' contrast beautifully with the yellowing leaves of silver birch, while Chinese lanterns (*Physalis alkekengi*) provide additional

warmth with their bright orange, lantern-shaped fruits, ideally in a large shrub border in a woodland setting.

Plant perennials such as bearded irises at the front of the display for structural foliage from spring to autumn, and for flower colour earlier in the year.

If you don't have room to add more plants to your borders, select a Japanese maple in a pot for warm autumn colour. Choose a container at least 30cm in diameter and a compost comprising equal parts John Innes No 2 potting compost and a soil-less multipurpose compost. Add lots of drainage material in the base of the pot and top-dress the compost with gravel.

Ideal specimens for a pot include *A palmatum* dissectum 'Garnet', whose leaves open bright red and then deepen to a rich garnet colour. This deciduous acer is very slow growing - up to 1.8m in 10 years - and looks great alongside a pond or in an ornamental planter.

Acers should be grown in moist but well-drained soil. The foliage colour is best in dappled shade, although full sun can be tolerated.

Shrubs can also provide dazzling foliage tints and flowers. Look out for *Eunonymus alatus*, the spindle bush, which is a world away from the compact, variegated evergreen forms we use for shady gardens and winter hanging baskets. This one is deciduous, but produces spectacular autumn colour, producing a molten crimson display. It is medium-sized, fitting into most

gardens.

Other good choices for autumn colour include *Hebe* 'Autumn Glory', which produces purple bottle-brush flowers which can last until Christmas, and the oak-leaved hydrangea (*Hydrangea quercifolia*), whose leaves turn purple in autumn and hang on to the plant for ages.

If you have a wall which looks bare in the cooler months, train a colourful pyracantha along it, such as *P* 'Orange Glow', which produces clusters of sizzling orange autumn berries and white spring flowers. This evergreen

shrub has a vigorous, dense and spiny habit and can also be planted as a barrier hedge. Train it like a cordon, and in years to come it will reward you (and the birds) with masses of colourful berries.

Other shrubs with colourful autumn fruits include *Berberis x carminea* 'Pirate King', *Callicarpa bodinieri var giraldii* 'Profusion' and *Cotoneaster salicifolius* 'Rothschildianus'.

Autumn in the garden can truly be the firework display before the more muted tones of winter set in. *By Hannah Stephenson*



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News for parents



Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

Almost half of all primary school pupils are driven to school, despite the majority living about a mile from the gates, according to new research.

October's International Walk to School Month hopes to get the 41% of children who are currently driven to school out of their parents' cars and onto their feet.

Living Streets, the pedestrians' charity which organises the month, has found that 40% of parents would be happier letting their children walk to school if speed limits were reduced to 20mph.

Tony Armstrong, chief executive of Living Streets, said: "Walking to school is a brilliant

way to get some physical activity and some fresh air.

"We need to make sure it's an attractive option for families - something that can be impossible when faced with speeding traffic."

The charity is asking every parent to give walking a go during October, and to write to their MP and council calling for 20mph speed limits.

Mothers who work raise healthier children than those who stay at home, new research shows.



Children whose mothers are employed are more likely to be driven to school, watch TV, snack on fizzy drinks and eat too few portions of fruits and vegetables, a study by the Institute of Child Health found.

Mothers who worked full-time had the healthiest children, followed by those who worked part-time.

The researchers called for more support for working families and concluded:

"Currently, approximately 60% of women with a child aged five or younger in the UK or USA are employed.

"For many families the only parent or both parents are working.

"This may limit parents' capacity to provide their children with healthy foods and opportunities for physical activity."

Fresh calls for all UK primary school children to be given free school meals have been made after the publication of new evidence on their benefits.

The GMB union issued a report showing how many UK children already have free school meals, arguing that extending the scheme would be a vote winner at the next election.

The report showed that around 800,000 children were eligible for free school meals in the UK.

GMB general secretary Paul Kenny said: "Healthy food is needed to fight obesity, a hot

meal at lunchtime helps pupils learn better in the afternoon, a universal service would remove the stigma poor children face and it would provide much-needed help for hard-pressed family budgets."

The cost of providing universal free school meals would be £500 million, which the GMB said could be funded by closing down tax havens and tackling tax evasion.



Ask the Expert

Q: "We allow our 13-year-old son to have a glass of wine with meals. Is this likely to make him a more responsible drinker when he's older?"

A: Dr Arpana Agrawal, an assistant psychiatry professor at Washington University in the USA, has just co-authored a study on age at first drink.

She says: "While research shows that starting to drink at an early age is associated with later alcohol-related problems, not all early drinkers develop problems with alcohol.

"Age at first drink is one of several risk factors that contribute to the likelihood of alcohol-related problems. Other important influences, even in early drinkers, are peer influences, parental monitoring, their predisposition to other behavioural problems, and family history of alcohol-related problems.

"Research also suggests that the context in which drinking occurs can help clarify whether early-onset drinking will have detrimental effects. The flip-side to this is that if early exposure to alcohol modifies genetic vulnerability to later alcohol problems, as has been shown by a few studies, then drinking at home or outside the home may be equally risky.

"Our study found that heritable influences played a more prominent part in those who started drinking at an early age and the individual environmental factors were more relevant in those who initiated drinking after the age of 15.

"If an adolescent is allowed a drink with dinner, this drinking might be coupled with education about responsible drinking and the problems associated with excessive drinking.

"Keeping a close eye on how often a teenager drinks, how much and with whom, and discussing this with them, can be another method of ensuring that a drink over dinner doesn't escalate into problematic alcohol consumption."

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A young boy having a glass of wine with dinner.

Three ways to... stop a child whining

1. Never give them what they are whining for.
2. Stop what you're doing and listen to what they're saying, and encourage them to separate the request from the whine.
3. Teach them how to ask for something in the appropriate way, and make them repeat it before they get what they want.

Readers Tip



When you ask your child to do something, set an egg-timer or an alarm. Tell them that if they haven't done what you've asked before the timer's empty, or the alarm goes off, there will be a negative consequence.

Sleeping Beauty

Lisa Haynes show how to transform yourself into a Sleeping Beauty when the clocks go back one hour on October 25.

Alarm clocks prepare yourself for battle. Soon you'll be facing attacks from humans desperate to get their beauty sleep.

While it might seem like bad news that it's time to set those clock hands back an hour on October 25, signalling the return of gloomy mornings, the good news is that we gain an extra hour of shut-eye. The perfect time to get your beautifying winter sleep routine down to a fine art.

Transforming yourself into a Sleeping Beauty isn't just the stuff of fairytales. Shut-eye science reveals catching zzz's is the ideal time for cellular renewal and repair, with your skin working its hardest at around 2am.

And if you're not getting enough? "Poor sleep is quite apparent in the complexion," warns dermatologist Dr Howard Murad.

"Dehydrated skin, puffy eyes, dark circles, sallow looking skin and under-eye lines are all visual indicators of poor or insufficient sleep."

Grab your cocoa and P.J's quick-smart! Use the onset of dark nights as an excuse for some constructive beauty-filled kip.

Dive under the duvet and sleep sound with our yawn-friendly guide.

Night night

Around a third of British adults regularly sleep less than five hours a night, according to recent reports.

"Extensive studies on the impact of chronic sleep loss suggest that it may accelerate signs of ageing," says Dr Naiman, Origins sleep and dream specialist. "Think of dream sleep as Mother Nature's botox."

With blackberries buzzing, text messages bleeping and TVs blaring, it can be tricky to switch your focus to peaceful pre-bed relaxation.

If you have trouble dropping off try a relaxing massage or warm bath with aromatherapy essential oils before bedtime to get your eyelids drooping.

Sleep tight

Just because you're sleeping sound doesn't mean your beauty regime has to rest up. Overnight treatments can work beauty wonders for your skin, hands and nails while you're in dreamland.

"Like the skin, hair becomes drier in the winter due to a combination of the cold weather and central heating, which can leave it brittle and drained of moisture," explains Kerry Warn, creative consultant at John Freida brands.

"An overnight repair mask or serum works to transform breakages and split ends overnight as you sleep. Hair magic!"



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If your face is feeling dull and dry, an overnight hydrating mask works in the same way to replenish your skin and provide intense hydration while you sleep.

Rise and shine

Whether you're a sleep junkie or self-confessed night owl, the dark mornings leave us all getting out of the wrong side of bed



A woman waking up in the morning.

when the alarm sounds.

Take a revitalising shower with citrus notes to put a spring in your step and employ some face-saving techniques to fake that 'eight-hour-deep-sleep' glow.

Don't disguise a puffy face and dark eye bags by troweling on the make-up. Instead employ an illuminating eye gel with

caffeine or ginseng ingredients and create the illusion of well-rested bright peepers.

Optometrist for Optrex, Sarah Farrant says: "Taking care of our eyes should be something we do every day as part of our usual health and beauty routine. It's a good idea to pop in eye drops in the morning to keep them hydrated and refreshed."

Daly regime

Tess Daly is still glowing despite the recent controversy around Strictly Come Dancing. So what's the TV presenter's beauty secret? She's launched her own beauty line, Daly Body, exclusive to Marks and Spencer. Quizzed on her favourite product in the capsule range, mum-of-two Tess says:

"I pat the Daly Face Glow around my eyes and it cheats eight hours sleep."

Believe me, I can't remember the last time I got eight hours sleep so it's working really hard right now!" Tess Daly Body is available in stores nationwide or online at www.marksandspencer.com

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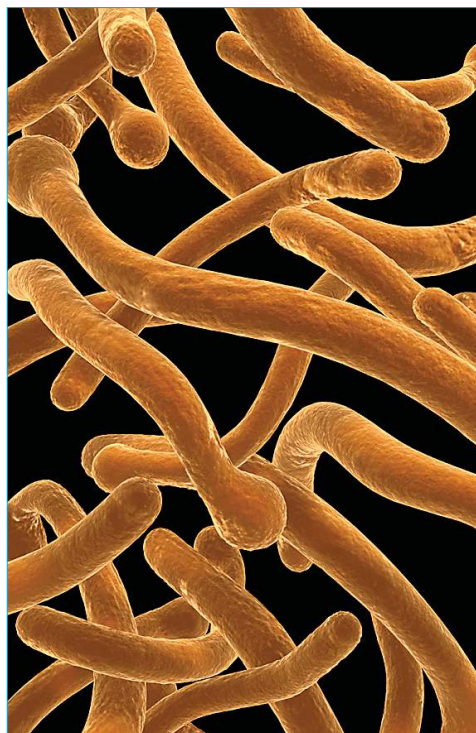
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How to beat the yeast



Microscopic view of Candida

Have you been feeling fatigued, moody or under the weather lately? It might not be the turning of the seasons, but a build up of *Candida Albicans* - or yeast - in your blood instead. Kate Hodal takes a look at the symptoms and their treatments.

It's a condition that's said to affect as many as one out of every three Westerners, but most of us - including our very own doctors - often fail to recognise the symptoms.

Bloating and indigestion, loss of sex drive, eczema, poor circulation and easy bruising are just some, but not all, of the many symptoms of an overgrowth of *Candida albicans*, a natural yeast that occurs in the body.

Our guts are home to some four pounds of weight in live micro-organisms, doctors say, comprised of both friendly and unfriendly bacteria. *Candida albicans* is one of the unfriendly ones - and, left to grow uncontrolled, it can wreak havoc on the body.

"Everything we're eating, drinking and doing today can cause an overgrowth of *Candida albicans*," says clinical nutritionist Erica White, author of the bestselling *Beat Candida Cookbook* and herself a sufferer of candidiasis (or yeast infection) for 53 years.

"The average Westerner is reckoned to eat more than his own body weight in sugar every single year, whereas 100 years ago the average was only 10lbs. You know what happens from baking when you put sugar with yeast in a warm place: it ferments and increases.

"And that's exactly what's happening in your gut."

Candidiasis: The facts

Sugar - in all its forms - is deemed the number one culprit for candidiasis. We put it in our tea and coffee, eat it in cakes and cereals and in hidden foods like cans of beans and bottles of ketchup. On top of that, we depend on diets rich in refined foods (like white bread and rice) and yeast (like wine and beer), which further stoke yeast overgrowth.

Antibiotics are yet another culprit, as they kill off both the



A woman suffering with candidiasis.

friendly and unfriendly bacteria in the body, leaving more room for yeast to grow. Hormonal treatments such as IVF or HRT, and even the contraceptive pill, have been linked to candidiasis, as the yeast increases with changes in hormones. And stress acts as a stimulant to trigger the release of sugar in the blood, which then encourages candidiasis too, says White.

"*Candida* starts out as a spore but grows into a fungal form, which burrows through the intestinal wall and enters the bloodstream," she says. "It then gets into tissues, muscles, joints and skin - and releases its 79 toxins that affect the brain and nervous system."

That's why candidiasis is so far-reaching in the body. It's been associated with a whole host of symptoms, ranging from skin conditions (like rashes, acne, fungal nails) and digestive tract problems (like heartburn, bad breath, indigestion), to thrush, infertility, loss of sex drive, nasal congestion, muscle aches,

fatigue, depression, moodiness and insomnia - and the list goes on.

The diagnosis

You don't need to demonstrate all of those symptoms to

have candidiasis, says clinical nutritionist Helena Oades.

"Some people only have one or two of those symptoms as it manifests differently in different people. That's why it's so difficult to diagnose."



A yeast-free diet for at least a month, during which time sugar (plus sweeteners), fruit, cheese, vinegar, refined foods (like rice), cakes, bread (unless wholegrain and yeast-free) are all off-limits as is coffee and tea.

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Doctors tend to rely on laboratory and stool tests to check for an overgrowth of Candida, but "these can be misleading", says White.

"Candida doesn't swim around loose in the intestinal tract, but lives burrowed in the gut walls. This means that not only can it go undetected by endoscopy examination, but it will not necessarily even show up in a stool specimen."

Its difficult-to-diagnose status means that candidiasis is often diagnosed as IBS (Irritable Bowel Syndrome), or Chronic Fatigue Syndrome, which experts are increasingly attributing to yeast overgrowth.

While Candida albicans is more commonly known as the yeast that causes thrush in women, its overgrowth affects men and children too. Pregnant women are particularly at risk of passing the yeast infection on to their unborn child, who can pick up the overgrowth and adopt health problems either immediately or later on in life, says White.

"Grommets, eczema, colic, asthma and food allergies are all extremely common in children born to mothers with candidiasis. And if they're put on a stand-

ard, high-sugar diet, the yeast just flourishes."

Beating candidiasis

The only fool-proof way to get rid of the beast is to kill it off through your diet, say both Oades and White.

Colonic irrigations - while perhaps considered the first port of call to rid the body of any toxins - are not recommended as they rid the body of both the good and bad bacteria, leaving you more prone to any yeast overgrowth, says White.

Oades and White recommend following a yeast-free diet for at least a month, during which time sugar (including artificial sweeteners), fruit, cheese, vinegar (and its products, like pickles), refined foods (like white bread and rice), cakes and bread (unless it's wholegrain and yeast-free) are all off-limits.

How long you have to remain on the diet is determined by how much candida is living in your body and how easily your body gets rid of it, says Oades. "For some that means just a month, for others that can mean much longer. It's best to have a nutritionist help plan the diet with you."

The diet is supplemented with vitamins and minerals, as well as specific anti-fungals to detoxify the liver, kill off the yeast and repopulate the body with beneficial bacteria.

Many people start to feel worse before they feel better, a process known as "die-off" that occurs when the yeast is killed off. This should be taken as a good sign that you're in the right direction, says White.

Once you've killed off the yeast for good (which White says usually takes at least a year), the best way to maintain your health is to keep doing what you have been doing.

"It can be quite daunting, avoiding yeasty and sugary foods," says Oades. "We have a big culture around eating sweet things or drinking alcohol, but the less you have of those things, the less you crave them."

White agrees. "A healthy diet does not include sugar, tea or coffee," she says. "So when you introduce other foods back into your diet, keep that in mind. Maintaining a healthy diet is all about taking hold of what you've learned and staying with



A couple having an argument over the woman's lack of sex drive.

it if you want success."

A year without wine, chocolate or cheese could be the worst - or best - time of your life, depending on how eagerly you want your health back. And while jumping off the bandwagon isn't the end of the world,

it might knock you back a bit, says White.

"I'll speak to soon-to-be brides who ask me, 'Can't I have just one glass of champagne on my wedding day?' and the answer is 'Yes, of course you can'."

"But it might have devastat-

ing effects on your health.

"If you follow a healthy diet - including fruit, wholemeal bread and possibly cheese and wine - you can expect to stay in the best possible health for the rest of your life. Without a return of candida symptoms."



Women in a bar drinking wine and beer. A year without wine, chocolate or cheese could be the worst - or best - time of your life

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The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and should be under 300 words, to The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@the-news.net

Cats and dogs

SIR, I wonder what some cat lovers, still recovering from the shock of the recent cat wash story, made of the anonymous letter about giving a pill to a cat, describing as it did, a succession of increasingly violent assaults on an unsuspecting moggy that was presumably already a bit under the weather to start with.

Dog owners of course have no such problem with pills. Need to give a dog one? Simple, wrap the pill in a piece of meat and throw it in the air. Job done.

There have been a couple of letters complaining about packs of stray dogs in Ferragudo and elsewhere. Meeting up with a whole bunch of dogs on the loose can be an unnerving experience for many people but they should not be too concerned. The 'pack' will usually be a collection of hopeful males of all shapes and sizes following a bitch in season, each one intent on siring yet another unwanted litter of malformed canine oddities.

RONLAVERY, by e-mail.

Cat humour

SIR, The letter regarding cleaning the toilet using a cat was one of the funniest I have read in a long time. My girlfriend and I, cat lovers both, were in tears of laughter reading it.

I am only a recent arrival in Portugal and love the climate, the people and the freedom which Portugal affords its inhabitants.

If people like George Rush (letters 10/10/09) wish to live in a politically correct land, where

humour is only allowed if it does not offend anyone and laughing at a letter like Mr. Lavery's is frowned upon then may I suggest that he packs his bags and goes back to England where this type of stupidity is so rife it is beyond comprehension.

The British sense of humour is wide, varied, sometimes offensive to some parts of the community and, to a great extent, gagged in the UK to ensure that nobody is offended.

I hope Mr. Lavery continues to express himself fully and keeps the rest of us in stitches when he does.

ANDREW LEE, Cascais

More about humour

We have had several people having a go at Ron Lavery about his "tasteless" humour, which shows the thought police are alive and well in Portugal. I missed the letter as I was otherwise amused at the time, visiting an old friend of mine in Central Portugal who lives in a caravan while 18 dogs live in her house.

I enjoy listening to Round the Home on BBC7, as have millions of folks over the years. The thought police in the sixties tried to ban it as tasteless. Thank heaven their complaints fell on deaf ears so the adults among us could enjoy some disgraceful fun.

A school friend of mine had a grandfather who went exploring in South America.

His forte was defining the boundaries of several countries. I was privileged to read some of

his diaries, which were later published. He tells of one journey by boat where one guy fell overboard and was promptly (and I mean promptly) ripped to shreds by piranha fish. The rest of the guys nearly fell overboard as well as they rolled about in hysterical laughter at their mate's discomf.

The oldest joke in the world is to laugh at someone slipping on a banana skin.

The song of mine my kids and their friends enjoy most is one that contains a reference to chickens crossing the road straight into the fridge, and hamsters being barbecued. My serious songs leave them cold.

Last year I visited a friend who was laid up on the settee, with his leg stuck out in front, covered with plaster.

He'd fallen off the roof. I roared with laughter. He, rather disconsolately, complained "Whenever I tell anyone what happened, they always fall about laughing".

We're a rotten lot. Or are we? Those of us who are normal (the thought police aren't) find adversity, vulgarity, and simple bad taste, very funny. That's what laughter is for, to neutralise the unpleasantness of these things.

Now what did I do with my copy of '101 things to do with a dead cat'?

JOHN CLARE, ARÃO

Dour Dyer

SIR, Gwynne Dyer thinks his "good intentions" might make him eligible for a prize (page 10, 17th October). He'll be lucky.

The trouble is that, from his articles, his intentions appear to be to cast doubt, reject and denigrate. He never expresses enthusiasm for anything. He never says "this is an exciting new development". He prefers cynicism and negativity. He even looks dismal and lugubrious in the photograph of him that he (you?) choose to publish. Until he cheers up and expresses some hope, he will remain prizeless.

If he wants a prize, he should remember the Gilbertian line - "perhaps it would be wise not to carp or criticise". Unless, of course, he wants to be acknowledged as the wettest blanket of them all. Could you please cancel your contract for his offerings and engage someone more balanced in his/her view of life.

Autumnal Aura

The fall month of October, in upper Algarve, is still warm but with cooling evenings and day light begins to fade earlier every day. The sky is still blue, if paler than yesterday's and has white strands of clouds near its horizon. Windless is this day but birds on the roof, have left their nests flown south, Africa I think, for a few months. They will be back in March have their chicks and make a lot of noise. The man from the forest has delivered winter wood, wrote him a check, gave him a whisky; so I'm ready for winter but secretly wish these peaceful days will stretch well into November.

jan oskar hansen

I should be grateful if you would forward this letter to him.

Norman Walker,
Moncarapacho

Prize for peace?

SIR, The latest book by Jose Saramago "Cain" caused a considerable swell in the "Holy Waters" yet both sides got it wrong, the Nobel Prize Winner for Peace, actually is not sowing peace. Jose, the Church including Hebrews ought to realise that the

Old Testament is not only the word of God but in some places of his adversary, Satan. The beginning is in the opening of the Bible, book of Genesis. In the first section the man and woman are created to the image and likeness of God, blessed as the first married couple, invited them to increase and multiply, provided with necessities for life and closed his work with retirement.

The role of Satan begins in Genesis chapter two, verse four. New would-be creator steps in and describes what the creation would be like under his management. The mismanagement continues till the end of Genesis chapter four and the continuation of the first creation starts from the beginning of chapter five.

Jesus Christ while walking the earth as God's missionary used from the Old Testament the prophets, who like Christ finished in martyrdom, laws and psalms. He never referred to the crudities of the Old Testament, for him they weren't there. The Israelites by disowning him and got him crucified closed the chapters of their history and now they are licking their wounds. As a chosen nation they gave to the world Jesus Christ and they themselves ended their role.

Nobel Jose uses "Cain" fiction to continue the fictitious writing and not being a philosopher or theologian he cannot give us very much.

For three years I am battling the credence of the original sin and not being provided with a higher order of sacramental commendation I count for nothing.

FRANCIS HRUBOS, Western Australia

Copy of the letter will be posted to Vatican.

My favourite things

SIR, In the 10th October issue, Mr John Clare replied to Mrs Bassett's previous letter asking readers to list their favourite things about Portugal. Mr Clare's reply was a list of 16 things he dislikes about the country! These things range from bureaucratic delays to rotting vegetables in supermarkets to his rather strange derision for the

fact that the Portuguese language does not have a word for "town", so they use "city" for areas we might not consider so grand. Mr Clare doesn't like the sewage system, the pedestrian crossings, the number of supermarkets available to the populace (too many, he thinks), the highway toll system, and so on.

I tried to think of 16 reasons why a person who obviously has the means to go elsewhere might stay here, but so as not to bore you, these are my favourites: 1) he is on a witness protection program and can't leave; 2) at the border where he left the UK, there was one of those memory-zapping machines like they used in the film *Men in Black* and he doesn't remember all the things he must have felt were wrong with his own country that caused him to emigrate.

I happen to know as a fact that people die on the highways in the UK - even know a lawyer who is quite wealthy just from lawsuits involving traffic accidents! I know there are also bureaucratic delays and red-tape in the public sector that frustrates the population. No need to go on, you get the picture. No place is perfect, but unless we can't afford to go elsewhere, we should try to find a place that suits our needs and personal criteria.

ZITA NETO, Portimão

Sterling Stirling

SIR, As a young man I took this photo of Stirling Moss, then aged 26, winning the Formula 1 British Grand Prix at Aintree race track Liverpool on 16 July 1955. The car No. 12 being a Mercedes Benz.

Last weekend I took the second photo, again of Sir Stirling Moss but now aged 80, and still racing, this time in a Maserati Osca, No.7, at the magnificent new race track at Portimão.

When we hear of the third age being the age of retirement, I think the example shown by Sir Stirling and others, show me and other retirees what can be achieved in our twilight years.

I hope you publish these photos as an inspiration for others to emulate. Regards

TOM PERROTT, Lagos

Portuguese for Beginners

Emília Rosendo

155

THIS LESSON:
Revision exercises.

④ Choose the correct word(s) - in a), b) or c) - to complete the sentences below.

1. Eles perderam-se, por isso decidiram comprar _____ mapa da cidade.

a) uma b) a c) um

2. _____. Vemo-nos logo à tarde.

a) Até amanhã b) Até já c) Boa tarde

3. Ele resolveu _____ problema muito _____.

a) uma...simples b) uma...difícil c) um...complicado

4. Os _____ trabalham em hospitais, em clínicas ou em centros de saúde.

a) enfermeiros b) enfermos c) médicas

5. Abril é o _____ mês do ano.

a) quadro b) quatro c) quarto

6. O filho do meu _____ é o meu sobrinho.

a) tio b) irmão c) avô

7. " _____ " é o oposto de "apagado".

a) Acesso b) Desligado c) Aceso

8. "Perto" é o oposto de " _____ ".

a) longe b) longo c) largo

9. _____ é o teu carro? O cinzento ou o azul?

a) Que b) Qual c) O quê

10. _____ dias tem o mês de Maio? 30 ou 31?

a) Quantas b) Quais c) Quantos

11. Eu chamo-me André e _____ irmã mais nova chama-se Ana.

a) a meu b) a minha c) minha

12. Fui ao supermercado para comprar _____ de papel de cozinha e _____ de açúcar.

a) um rolo...um pacote b) uma embalagem...um saco c) um tubo...uma caixa

13. Vocês já _____ os nossos novos vizinhos?

a) conseguem b) sabem c) conhecem

14. Tu _____ a tabuada do 7 e a do 9?

a) consegues b) sabes c) conheces

15. Eles não _____ estudar com barulho.

a) conseguem b) sabem c) conhecem

16. Nós _____ sair um pouco mais cedo?

a) conseguimos b) podemos c) sabemos

17. Tu _____ tocar piano?

a) consegues b) podes c) sabes



Sir Stirling Moss at Aintree on July 16th 1955



Sir Stirling Moss on the race track in Portimão on October 17th 2009

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

Medium

Hard

7		3	5		6	4		2
		5	8		7	6		
				2				
4			9		5			3
	7						1	
6			2		3			8
				6				
		4	7		9	1		
1		8	3		4	9		7

	9				1	2		
	4			9				1
	2	5						6
		8	7		4			
		4				6		
				2		6	4	
3						5	8	
7				3			6	
		9	8			1		

1	5			4				
3			7		9			
			6		1		7	
4			1	2		7		
		6			7	8		3
	9		8		4			
			3		7			6
				1			3	8

CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.
(Right: Last week's solution)

S	U	M	P	S	H	R	E	W	O	M	E	N
O	L	E	E	H	A	I						
U	L	N	A	R	A	N	S	O	M	G	P	
N	D	S	T	E	M	J	G	E	M	B	E	D
R	A	I	M	A	G	E	S	A	I			
O	R	B	I	T	G	I	C	O	R	D	S	
O	L	Q	U	E	N	C	H	R	P			
F	R	E	A	K	A	G	U	E	K	E		
Y	E	R	E	N	O	R	M	A	B	X	S	
A	M	A	W	A	P	I	T	T	I	P	A	P
M	M	M	M	M	M	M	M	M	M	M	M	M
P	I	P	E	P	A	S	T	E	L	A	Z	Y

Last weeks solutions:

7	5	4	3	9	6	8	1	2
9	1	3	5	2	8	4	7	6
8	6	2	7	4	1	9	3	5
5	8	9	2	7	3	6	4	1
6	4	1	9	8	5	7	2	3
2	3	7	6	1	4	5	9	8
4	2	6	1	5	7	3	8	9
1	7	5	8	3	9	2	6	4
3	9	8	4	6	2	1	5	7

7	8	6	2	4	3	5	9	1
9	5	4	1	7	8	2	3	6
1	3	2	6	9	5	7	8	4
3	2	7	4	8	6	1	5	9
8	4	5	9	3	1	6	2	7
6	9	1	7	5	2	8	4	3
2	6	3	5	1	9	4	7	8
4	1	8	3	2	7	9	6	5
5	7	9	8	6	4	3	1	2

6	5	3	2	8	9	7	1	4
7	9	2	1	6	4	8	3	5
4	1	8	7	3	5	6	9	2
1	3	6	4	5	2	9	8	7
5	8	9	3	1	7	4	2	6
2	7	4	8	9	6	3	5	1
9	6	1	5	4	3	2	7	8
3	2	5	6	7	8	1	4	9
8	4	7	9	2	1	5	6	3

1	N		3	4	5	6	7	8	9	10	11	V	12	13
14		15	16	17	18	19	20	21	22	23	24	A	25	26

A	11	24	23	5	13		17	24	11	V	17	10	13	20	7	23	N
B	17		17		7		1		24	A		9				7	O
C	16	24	1	13	15	7	11	17	1	N		22	1	14	5	23	P
D	17		24		1		21		13		5		24			23	Q
E	3	24	18	5	2	17		11	24	8	20	24	1	2	21		R
F	17				24		16		18		17		5				S
G	1	22	3	6	10		24	12	5	18		25	17	24	20		T
H	2		5		26		1		10		11		10		17		U
I	17	18	10	17		24	13	14	17		24	1	26	5	2		V
J			10		7		5		13		8				7		W
K	26	24	5	18	6	24	2	4		7	20	5	8	5	1		X
L	5		11		19		20		24		24		22		11		Y
M	6	20	17	11	17		24	13	11	24	1	26	24	8	17		Z
	5				2		25		5		2		11		20		
	24	3	23	22	26	24	26	17	13		21	17	24	10	26		

PRIZE CROSSWORD 1033

		1		2		3		4		5							
6																	
7						8										9	
10												11					
												12					
13		14								15							
										16							
17						18									19		
						20											
21												22					
23																	

ACROSS

- Nevertheless (3,3,4)
- Fetter (5)
- Caller (7)
- Deceptive (8)
- Perfect place (4)
- Pitch tents (6)
- Private (6)
- Row (4)
- Yield (8)
- Network (7)
- Concur (5)
- Gold explorer (10)

DOWN

- Benefit (5)
- Solitary (8)
- Hangs in the air (6)
- Not very good (2-2)
- Bullfighter (7)
- Unintentional (10)
- Degenerates (4,2,4)
- Inclination (8)
- Maker (7)
- Mourn (6)
- Mistake (5)
- Failure (4)

A €10 Griffin book token will be awarded to the sender of the first correct solution opened next Thursday. Solutions to: The Portugal News Crossword Nº 1033, Apt. 13, 8401-901 Lagoa. Please be sure to enclose your name, address and phone number. If books are supplied by post, winner must pay postage.

WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

O	N	U	D	S	U	P	E	R	M	A	R	K	E	T
C	R	I	S	I	S	Y	N	A	E	P	O	R	U	E
E	G	L	Z	S	P	E	C	I	A	L	I	S	E	D
G	N	I	R	E	F	F	U	S	L	L	T	U	K	Y
D	I	L	A	C	I	G	O	L	O	H	C	Y	S	P
S	L	E	S	S	U	R	B	P	H	Z	C	O	W	P
F	S	A	N	N	A	I	R	E	B	I	Q	A	W	U
L	N	V	S	E	C	N	A	M	R	O	F	R	E	P
F	D	E	T	C	E	L	G	E	N	X	Q	O	Q	P
O	H	R	Y	T	N	E	N	I	M	O	R	P	Y	F
L	A	N	O	I	S	S	E	F	O	R	P	E	C	X
L	A	N	I	M	A	L	S	F	E	I	H	D	A	S
O	S	D	R	A	I	N	F	A	L	L	K	S	T	B
W	U	G	E	P	R	O	G	R	E	S	S	I	V	E
H	Q	I	T	E	C	H	N	O	L	O	G	I	E	S

PROMINENT, PERFORMANCES, SUFFERING, PROGRESSIVE, NEGLECTED, SPECIALISED, IBERIAN, EUROPEAN, PROFESSIONAL, BRUSSELS, PSYCHOLOGICAL, RAINFALL, ANIMALS, TECHNOLOGIES, SUPERMARKET, CRISIS, PUPPY, PEACH, FOLLOW, LEAVER, SLING, ROPE, FARO, MEAL

SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.



Answers Crossword Nº 1032

Across: 6 Spinney; 7 Loyal; 9 Ill; 10 Abounding; 12 Second-class; 15 Infantrymen; 17 Contented; 19 Fee; 21 Sloth; 22 Discern.

Down: 1 Spell; 2 End; 3 Kerb; 4 Gondolier; 5 Garnish; 8 Sundry; 11 Devastate; 13 Outing; 14 Ennoble; 16 Merry; 18 Edit; 20 Icy.

The winner of Prize Crossword Nº 1032 was Mrs Purdom, Estoi

Last week's solution:



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TAVIRA AUCTIONS

Tavira
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Bureaucracy

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Business assistance
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CLCC - CENTRE

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CLÍNICA DENTÁRIA

Dra. Cristina Fernandes
(Dental Clinic)
Lagoa
Tel: 282 342 920

DR. FRANCIS HALEY

Dental Surgeon
Cascais
Tel: 214 863 012

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Treatment of feet
Alvor
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MONTE DA PALHAQUEIRA

Retirement Village
Santa Barbara de Nexe
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PATRICK MATTHEWS

Praia da Luz & Carvoeiro
Mob: 914 067 285 Tel: 282 995 180

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SACL

Alcantarilha
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Fax: 282 314 191

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Edinburgh: Enhancing the old and embracing the new

With a medicine ball balanced precariously above my head, I stole a sneaky peek around the hotel gym. "We had Oasis in here last week," said the fitness instructor.

Let's hope the Gallagher boys had a peaceful day when they called, although Edinburgh's The Scotsman is hardly the kind of place where you'd throw a TV out of the window.

Back in the relaxing surroundings of my room, it was easy to see why the five-star hotel is so popular with celebrities stopping off in Scotland's capital city.

The Scotsman is a short walk from Waverley Station, barely four-and-a-half hours by train from London, and close to the many landmarks of The Royal Mile. All the big names in fashion have a base here, including grand Harvey Nichols in St Andrew Square.

The Scotsman has followed

Edinburgh's ethos: enhance the old and embrace the new by teaming traditional elegance with contemporary class to create an exclusive yet rather warm and welcoming environment.

The city is famed for its dramatic beauty, and our spacious suite afforded a captivating 180-degree view to the east, taking in the imposing outline of Calton Hill and the blue waters of the Firth of Forth in the distance.

I first visited the hotel in its former incarnation, as the offices of The Scotsman newspaper, as a fresh-faced 16-year-old on a fortnight's work experience. My strongest memory was disappointment that an impressive Victorian facade with romantic turrets and thistle-clad signage had windowless corridors and monochrome offices inside.

Those days are long gone. Since its conversion in 2001, the building has been voted one of the best

small hotels in the world.

In what was once the newspaper's imposing reception hall, the North Bridge Brasserie and Bar serves a modern Scottish menu using finest locally-sourced produce.

Down in the basement, thundering presses made way for the gentle sound of the gym treadmill, and the calm of the Thalga urban spa.

After a morning in the city, including an energetic hike up the miniature mountain of Arthur's Seat, I visited the spa for some well-deserved pampering.

The spa, like the hotel, is exclusive but not intimidating. I chose the Indocane body treatment, and despite sporting little more than paper pants, felt entirely relaxed in the warm and comforting treatment room.

The promise of 'ultimate relaxation' was fulfilled, because I nearly nodded off during the Ayurvedic-inspired massage, while the Purity Ritual facial left my skin feeling truly indulged.

Leaving the luxury lifestyle of the hotel might be a chore, but there are too many world-famous landmarks nearby to ignore.

The best-known attractions are situated around the city centre, including the joint UNESCO World Heritage Sites of the Georgian New Town and the Medieval Old Town.

Just a stone's throw away from the hotel is The Royal Mile, with Edinburgh Castle at the western end and the amazing Scottish Parliament building in the opposite direction, at the top end of Canongate.

Having stormed the Castle on countless occasions as a child, I instead paid my first visit to the High Street's second-most famous structure, St Giles Cathedral.

With its stunning architecture and famed crown spire, it's an impressive sight even for non-believers.

In 2004, Edinburgh was named the first UNESCO City of Literature, marking its rich literary history.

As I wandered through narrow closes and hidden courtyards I could imagine myself living in the days of legendary poet Robert Burns, infamous businessman/burglar Deacon Brodie and the tragically faithful Skye Terrier Greyfriars Bobby.

It wasn't long before the dreich

See inside back page for fantastic Reader's Cruise offer!

Scottish weather prevailed of course, cue a dash over the inner-city valley-like oasis of Princes Street Gardens, which lie where the drained Nor Loch once was, to the elegance of the New Town.

My sanctuary from the rain, for another memorable vista of Auld Reekie's iconic skyline, was the cocktail bar on the fourth floor of the city's Harvey Nichols store.

The summer months may be primetime for festival-goers, but for a luxury break with plenty to do, Edinburgh has year-round appeal.

With children in tow, you must explore the Castle, for a unique insight into Scotland's history.

Free guided tours are recommended for first-time visitors, or you simply wander around, losing yourself in the many winding corridors and turrets and taking in the spectacular views of the Firth of Forth as you stand atop the castle ramparts.

The walk up to the Castle crosses the medieval Old Town, but the whole city is full of quirky little streets, jam-packed with independent shops and galleries.

Stroll along Victoria Street for antique bookshops, trendy boutiques and stores selling everything from cheese and whisky to lacework and broom handles.

The Red Door Gallery is a fantastic place to find original works, often by local artists, and to find interesting gifts, from jewellery to tea towels.

At the foot of Victoria Street is the famous Grassmarket. It's a busy strip of bars and cafes, and something of a magnet for weekend stag and hen parties. It's also a mecca for vintage fashion fans thanks to secondhand clothing store Armstrongs, and Godiva boutique.

Edinburgh also has The National Galleries of Scotland, an obvious choice for visiting art lovers, while fans of modern art find The Fruitmarket Gallery a big highlight.

A few minutes away from Waverley Station, this publicly-funded exhibition space houses world-class art by international artists and homegrown talent, in an easily-accessible and welcoming atmosphere - free of charge.

Those short on time explore the city by open-top bus, but by far the best way to see it is on foot.

A hike up Arthur's Seat blows the cobwebs away, and the views from the top of this extinct volcano make the effort worthwhile.

Start your walk from beside Holyrood Palace and take the

Claire Walke embraces the old and discovers the new in Scotland's capital city.



The Scotsman Hotel, Edinburgh.

route over the Salisbury Crags before rewarding yourself with a well-earned rest at The Sheep's Heid Inn - famed for bar lunches, and its skittle alley.

In the well-to-do West End, search out Falko Konditorei, a German bakery which uses traditional handcrafted methods to create some of the best cakes in the city.

With a bit more time, leave the centre for the quaint village atmosphere of South Queensferry. With cobbled streets and fishermen's cottages, this picturesque place is just 20 minutes - but a world away - from the bustling city on its doorstep.

From Orococo Pier Hotel, you enjoy freshly-caught seafood while taking in captivating views across the Forth Estuary to the iconic Forth Railway Bridge.

After a first taste of Edinburgh, you'll be back to discover more.

Keyfacts - Edinburgh

- Best for: A culture-packed weekend break.
- Time to go: Avoid festival

months of August and September, when the city's population doubles, and prices and queues rocket.

• Don't miss: A visit to the city's most iconic landmark - Edinburgh Castle.

• Need to know: The Grassmarket area attracts a lively crowd in the evenings, not the best place for a quiet drink.

• Don't forget: Comfortable shoes for exploring cobbled streets.

Travel facts

Claire Walker was a guest of The Scotsman Hotel, which offers B&B from £140/£180 per night.

Reservations: 0131 556 5565 and reservations@thes Scotsman hotel.co.uk. See www.theet on collection.com for more details.

Visit Scotland is promoting Edinburgh short breaks until November 30, starting at three nights for £99/£127.50 per person. Full details on

www.visitscotland.com/autumn. Enquiries: 0845 225 5121 and info@visitscotland.com.



The path to Arthur's Seat in Edinburgh.

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The pros and cons of living with dogs

I was reading a fabulous light hearted article recently which made me think more fully 'out of the box' so to speak. It was a comparison between the thoughts of a dog owning family and a non dog owning family. It was very funny. It was induced by a guest who refused to stop in the house as the family had obviously had a dog, they no longer had one as it had sadly died. The purpose was to convince the non dog owner of the advantages of owning a dog — with him then 'countering' it.

It made me think through the stages of lives. First we are young things not a care in the world,

young free and single not imagining being tied down. Then marriage — all very different, probably house, mortgage and big, big plans. On to children, house full of toys, furniture covered in chocolate, breakfast and biscuits, we wonder how we cope. Going out or away becomes a military plan. No doubt we have to both work so child care becomes the new nightmare — what to do if they are ill etc. We move on — middle years, house still full of dolls or cars, running the kids everywhere, never stopping, home work, school meetings. Teenagers — ahhhhhhhh the 'good'

years. I was lucky as mine caused me no trouble but bought with them lots of fun so I survived. They then leave!!!

House empty. Empty nest syndrome hits home. Personally I went back to study and gained many qualifications followed by embarking on a Law Degree. I loved it with a passion and still do.

Still decisions need to be made — what to do now I was not as tied up as I once was, travel, well to a point perhaps but the need to nurture is still with us. So the dog numbers increase, they become the surrogate children. They have everything they want, well we

think they want, we give them our time and love and they repay us with unconditional love.

I was introduced to the world of dog shows, yes not everyone's idea of fun but as I often say I have met so many wonderful people it has been a wonderful addition to my life.

However, some people do not actually relate to dogs, they do not like them or anything about them. This article I read decided to take to task a non dog owner and convince them to own dogs. It was funny. Dog owner listed the merits of dogs, the joys of play, exercise all the fun of playing with them, the unconditional love. The funniest was the non dog owners reply with a list of that same dogs misdemeanours which I will list for amusement, dog almost got owner killed by charging bull, lifting dog out of river put owner in Hospital, dog brought home family of hedgehogs and filled house with fleas, dog disconnected freezer several time. The list was endless. But, as the dog owner said the pluses outweighed the minuses.

However, it has to be accepted that to some people having four legged furry creatures in the house with all they bring is alien, as is having a house full of tiny children or teenagers to some people.

I am now in dog owning age having done all the other ages fully. Have fun everyone which ever 'time' you are in.

Jan Cobley
Paws 4 Pets 916 273 376
www.paws4pets.net

Consider giving a home to a senior dog

These animals lost their homes because their ex-owners did not respect them, they were abandoned on the streets or delivered personally by them to the shelter.

They are at the age when they don't require much, need a bowl of food, a walk and a corner to sleep for most of the day. And love - which they will give

back to you tenfold. We have in our shelter some senior animals (more than 8 years old)



Lady



Piloto

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Francisco

that are in excellent health and are very friendly but due to their age no one wants to adopt them. It is not fair they would have to spend the rest of their lives in the shelter.

Please consider Piloto, a cross German Shepherd or Lady, a

Cat Adoption Fair

Saturday, 24th October, there will be a Cat Adoption Fair in Carrasqueira, Lisbon area, in the back garden of Supersol. There will be lots of cats and kittens waiting for you to give them a new and loving home.

To get there: Pass the roundabout on EN 378, turn left, on the entrance to Sesimbra, between 11h00 and 17h00.

Also, every Saturday there are dog adoptions in the Bianca shelter in Sesimbra - www.bianca.pt

EMMA is a 7 month old medium-sized bitch found in a village near Silves running from house to house looking for food. She was scared and pregnant when found. Now, she has been spayed, vaccinated, wormed and is in perfect health. She is very affectionate, completely mellow & housetrained; loves car rides, playing ball, the beach, dogs and cats and has a docile nature. I'm sure she would love children too. She is very trustworthy and stays close to home (her foster home) and although there is no fence she doesn't wander. Please call 282 332 416 or 965 135 120 to meet me.



BALTAR is a huge dog. He is 1 year old and his previous owner had to leave the country. Baltazar is in very good health, he is a nice dog gentle with people and others dogs. He is a very good guard dog, but needs land to run. He has been wormed and vaccinated and tested negative for heartworm. Not castrated yet. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr

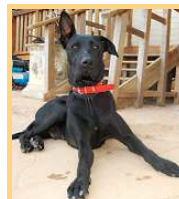


SISSY and HONEY are two beautiful blue eyed Siamese cats URGENTLY looking for a good home! They are great friends and would love to stay together. They both are very affectionate after feeling at home and like to talk to us. They have been sterilized. If you would like to enjoy the company of these two beautiful cats, please call 289 562 298.

CACHOU is a very small young bitch. She was saved from a miserable life as she was on a short chain 24h/day. She has pretty well recovered now and she needs to find a home. She is an easy dog and really lovely even if she needs time to trust people. She is negative to heartworm, has had her first inoculation and is spayed. Call Valérie for a visit 913 860 865 or 282 342 823 (eves) lili10.evann@yahoo.fr



DIVA is a very sweet and friendly young bitch. She is big, playful and adores water. She loves people and gets on well with other dogs and cats. Diva has been tested negative for heartworm, wormed, defleaded, vaccinated and spayed. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



Beja Dog Show on 24th and 25th October

During the next weekend, the Park of Fairs and Exhibitions (Beja) will host two important events from 9h00. The programme is as follows:

Saturday, Oct 24, will take place the '10ª Exposição Canina Nacional de Beja' (10th National Dog Show of Beja), where the Clube Português de Canicultura (Portuguese Kennel Club) will award a prize.

Sunday, Oct 25, at the same time and location the 4th Canine Specialized Exhibition of Portuguese Breeds of Beja, with an award from the Portuguese Kennel Club.

The event is organized by the 'Clube Cinófilo Português' (Alentejo Canine Club).



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22 OCT-28 OCT



1
Michael Jackson's This Is It
Documentary Wed Only
12.20-13.00-14.30-15.10-16.40-17.20-18.50-19.30-21.00-21.40-23.10-23.50

Pride and Glory
Edward Norton, Colin Farrell
13.25-18.25-21.10 (00.15 Thu-Sat)
Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
16.10

Ice Age 3: Dawn of the Dinosaurs
Animation PV
(10.40 Sat & Sun)

2
The Soloist
Robert Downey Jr, Jamie Foxx
(12.40 Sat & Sun) 15.30-18.20-21.10 (00.00 Thu-Sat)

3
Love Happens
Aaron Eckhart, Jennifer Aniston
13.50-16.20-18.50-21.20 (23.45 Thu-Sat)

Ponyo on the Cliff by the Sea
Animation PV
(10.10 Sat & Sun)

4
Fame
Kay Panabaker, Natori Naughton
(12.10 Sat & Sun) 14.30-16.50-19.10-21.30 (23.50 Thu-Sat)

5
The Informant
Matt Damon, Melanie Lynskey
(11.30 Sat & Sun) 14.15-16.40-19.10-21.40 (00.20 Thu-Sat)

6
G-Force
Animation PV
(10.40 Sat & Sun) 14.55-19.50

Orphan
Vera Farmiga, Isabelle Fuhrman
17.05-22.00 (00.35 Thu-Sat)

7
Spread
Ashton Kutcher, Anne Heche
(12.30 Sat & Sun) 14.50-17.10-19.30-21.50

Ghosts of Girlfriends Past
Matthew McConaughey, Jennifer Garner
(00.10 Thu-Sat)

8
The Accidental Husband
Uma Thurman, Colin Firth
13.10-15.20-17.30-19.40-21.55 (00.05 Thu-Sat)

Up-Animation PV
(10.20 Sat & Sun)

9
District 9
Sharlito Copley, Jason Cope
13.55-18.45 (23.30 Thu-Sat)

The Burning Plain
Charlize Theron, Kim Basinger
(11.40 Sat & Sun) 16.25-21.15

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22 OCT-28 OCT



1
Fame
Kay Panabaker, Natori Naughton
13.40-16.05-18.35-21.05 (23.45 Fri & Sat)

2
G-Force
Animation PV
13.00-15.00-17.00-19.00-21.00

The Final Destination 4
Bobby Campo, Shantel VanSanten
(23.30 Fri & Sat)

3
District 9
Sharlito Copley, Jason Cope
13.05-16.10-18.50-21.15 (23.40 Fri & Sat)

4
Orphan
Vera Farmiga, Isabelle Fuhrman
13.30-16.15-18.45-21.35 (00.20 Fri & Sat)

5
Pride and Glory
Edward Norton, Colin Farrell
13.10-15.45-18.20-21.10 (23.55 Fri & Sat)

6
The Accidental Husband
Uma Thurman, Colin Firth
12.50-15.40-18.25-21.50 (00.10 Fri & Sat)

7
The Soloist
Robert Downey Jr, Jamie Foxx
13.15-15.55-18.30-21.20 (00.00 Fri & Sat)

8
Love Happens
Aaron Eckhart, Jennifer Aniston
12.55-15.35-18.55-21.25 (00.05 Fri & Sat)

Michael Jackson's This Is It
Documentary Wed Only
13.20-16.00-18.40-21.30

9
Spread
Ashton Kutcher, Anne Heche
13.50-16.20-19.10-21.40 (23.50 Fri & Sat)

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22 OCT-28 OCT

1
Love Happens
Aaron Eckhart, Jennifer Aniston
13.20-15.50-18.30-21.40 (00.10 Fri & Sat)

Michael Jackson's This Is It
Documentary Wed Only
13.30-16.00-18.40-21.30

2
G-Force
Animation PV
13.10-15.10-17.10-19.10

District 9
Sharlito Copley, Jason Cope
21.10 (23.40 Fri & Sat)

3
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
13.30-16.00-18.40-21.20 (23.50 Fri & Sat)

4
The Accidental Husband
Uma Thurman, Colin Firth
13.30-16.00-18.40-21.20 (23.50 Fri & Sat)

5
Fame
Kay Panabaker, Natori Naughton
13.50-16.20-19.00-21.50 (00.15 Fri & Sat)

6
My Sister's Keeper
Cameron Diaz, Abigail Breslin
13.40-16.10-18.50-21.30 (00.00 Fri & Sat)

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Film Classification

The Informant - M/12
Love Happens - M/12
The Echo - M/16
Spread - M/12
The Soloist - M/12
Fanboys - M/12
Tinker Bell and the Lost Treasure - M/6
Orphan - M/18
The Accidental Husband - M/12
Fame - M/12
G-Force - M/6
Lesbian Vampire Killers - M/16

M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over

Title: Michael Jackson's This Is It
Genre: Documentary | Music

Synopsis: Michael Jackson's *This Is It* is a concert film documenting Michael Jackson's rehearsals of the concert series of the same name. The film will offer Jackson fans and music lovers worldwide a rare, behind-the-scenes look at the performer drawn from more than one hundred hours of behind-the-scenes footage, featuring Jackson rehearsing a number of his songs for the show. Audiences will be given a privileged and private look at Jackson as he has never been seen before. In raw and candid detail, *Michael Jackson's This Is It* captures the singer, dancer, filmmaker, architect, creative genius and great artist at work as he creates and perfects his final show.



Worldwide Premiere 28th October



FROM THE DIRECTOR OF OCEAN'S 11, 12 AND 13

MATT DAMON



BASED ON A TATTLE-TALE

Title: The Informant

Genre: Comedy | Crime | Drama | Thriller

Stars: Matt Damon, Melanie Lynskey, Scott Bakula

Director: Steven Soderbergh

Synopsis: The film is about Mark Whitacre, who works at agricultural company ADM in the early 1990s and wound up blowing the whistle on the company's price-fixing tactics, only after his wife forced him to. The bipolar whistleblower was dubbed "The wacky little brother of Erin Brockovich".



Title: Love Happens

Genre: Drama | Romance

Stars: Aaron Eckhart, Jennifer Aniston, Martin Sheen

Synopsis: About a widower whose book about coping with loss turns him into a best-selling self-help guru. On a business trip to Seattle, he falls for a woman who attends one of his seminars, only to learn that he hasn't yet truly confronted his wife's passing.

Sometimes when you least expect it...

Love
Happens

HIGHLIGHTS

PORTO - October 24

Remix Ensemble's Concert 'Music for Mathias Goerne' - Peter Rundel (musical direction), Mathias Goerne (baritone), Jonathan Ayerst (piano) - Anton Webern, Arnold Schönberg, Franz Schubert, Anton Webern/Friedrich Cerha, György Kurtág and Thomas Larcher's music - Mathias Goerne, born in Weimar, Germany, has gained worldwide recognition as a lieder singer. From 2001 until 2005 Mathias Goerne was honorary professor of song interpretation at the Robert-Schumann-Hochschule in Düsseldorf, and he is currently an honorary member of the Royal Academy of Music in London. The concert will take place at Sala Suggia de Casa da Música at 18h00 - €10 - 220 120 214 - Av. da Boavista, 604-610 - www.casadamusica.com



please contact the Posto de Turismo de Marvão on 245 909 131 or by e-mail: turismo@cm-marvao.pt



Marvão Chestnut Festival - November 14 and 15 - Hundreds of artists, street entertainment, four *magustos* placed in strategic places throughout the village with excellent wine and roasted chestnuts from the region - More than 80 stalls with authentic regional handicraft, smoked Portuguese sausages and cheeses, sweets contest made with chestnuts at the Casa da Cultura, an area with jams and liqueurs and a tent with local produce are more than enough reasons not to miss this irresistible festival - For more information



FERRAGUDO - November 21 - "sea creatures" open evening at Atelier Bongard at 16h00 - Sylvain Bongard and Tara Cohen will be presenting their new collection of sea inspired work, including stoneware sculptures, terracottas, azulejos, pencil illustrations, featuring a three metre high sea totem - Rua Infante D. Henrique 62 - (200m before the entrance to Ferragudo, from Portimão

direction) - Tel: 282 461 383 / Mobile: 968 362 930 - atelierbongard@hotmail.com - www.atelierbongard.com



ARMAÇÃO DE PERA - Murder Mystery Dinner at the Hotel Garbe on October 30 - Five tables of eight people will run concurrently, solving their individual murders - 'what fun' - 'Till Death do us Part' (A Cayman Islands

Wedding) - You could be any character from the (Stylish Wedding coordinator to the Hippie - Heavenly Meadows) Costumes are fairly easy to assemble (no outlandish sheiks, etc) and a prize will be given to the best interpretation of their part - The Murder Mystery Dinner this winter will be over a sumptuous 3 course meal with wine and coffee in the Raj Restaurant - 19h00 - Come along and enjoy and help to solve the murder - €29 per person of which a donation will be made to the APAA - Don't miss it book now - To book please telephone Hotel Garbe on 282 320260 or Jenny Tucker on 919041903 to either book a full table or individual places.



LISBON - December 18 & 19 - Lisbon Film Orchestra at Aula Magna - Composed by 90 musicians and conducted by Nuno Sá, the Lisbon Film Orchestra is featured as the only orchestra in Portugal that exclusively interprets film scores - 18th: 21h30 - 19th: 16h00 and 21h30 - Doors open at 20h30 - Ticket prices: €35, €25 & €20 - Tickets will be on sale and are available as shown at bottom of the page - For more information: www.musination.pt

ALBUFEIRA

OCTOBER 24

11th Albufeira Choir Meeting - Municipal Auditorium - 15h30

ARMAÇÃO DE PERA

OCTOBER 30

Murder Mystery Dinner 'Till Death do us Part' - Hotel Garbe on the waterfront - 282 320 260 - hotelgarbe@mail.telepac.pt

FARO

OCTOBER 25

Promenade Concert - Teatro das Figuras - 12h00 - 289 888 100 - teatromunicipaldefaro.pt

FERRAGUDO

OCTOBER 31



'Halloween Night' Jo's Closing Party at Três Macacos Bar - From 20h00 until late - Come in fancy dress and enjoy the scary characters, scary atmosphere and decorations - The Três Macacos' Going Out with a Bang Party is an event not to be missed!

LAGOS

UNTIL 31 OCTOBER

Aidan Bremner will be showing new acrylic 'cut-out' paintings and drawings at the Lagos Slavemarket - The exhibition runs from October 16 to 31 - Oct 17: Opening with music and light buffet between 18h00 and 21h30

UNTIL OCTOBER 31

Collective Exhibition at Armazem Regimental No. 1 - Group exhibitors: Liz Allen, Galia Bril, Sabine Schleich, Wolfgang Doll - paintings, photography, silk scarves and cards; jewellery and minerals - Open daily - For more info, contact 282 955 320

OCTOBER 31

Halloween Dinner/Dance at Valverde Restaurant, Praia da Luz. 19h30 till late - €22.50 3 courses inc. wine, water and coffee and Live Music with "Collar & Cuffs" - Reservations: 282789474 or 962541124

DAILY

Visit the new Charity Shop in Amádena - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - 282 687 334 (LAPS - Lagos Animal Protection Society)

LOULÉ

UNTIL OCTOBER 29

chá d'ARTE Painting Exhibition by Shirley French at chá d'Arte art gallery - Largo D. Pedro I, 5-6

SOUTH

UNTIL NOVEMBER 1

Collective Art Exhibition at Atelier Gallery Studio 21 - An exhibition featuring the art and artists of Portugal - The Atelier Gallery Studio 21 is situated on Rua Martim Moniz nº 21 - Contact: Aliza Silva, 963 509 657 - aliza@gallerystudio21.com

MONCHIQUE

UNTIL NOVEMBER 6

Painting Exhibition 'Coloured sounds' by Claus von Oer tzen - Claus von Oer tzen's paintings are strongly linked to metaphysics, the 'sounds' of colour and proximity to nature. These are the three mental pillars which mark him as a painter - Galeria Arte Algarve at Monchique Centro - Open daily from 11h to 16h - 925 004 051

PADERNE

DAILY

'Three-part art' Exhibition by Florence Clayette, Meinke Flessman and Clifford Martin Tuson at Galeria Corte Real - Signposted from Ferreiras, Boliqueime & Paderne - 918 980 199 / 912 737 762

PORTIMÃO

UNTIL OCTOBER 24

Photo Exhibition 'Nexu' by João Mariano - Municipal Theatre - 14h00-18h00

UNTIL OCTOBER 25

'SBK' Superbike World Championship - The SBK is the sporting events with the highest international profile in the Algarve, and the third most popular motorsport, surpassed only by Formula 1 and MotoGP - Algarve International Motor Racing Circuit - 808 781 212 - www.algarve.pt

TUESDAYS

The New Orleans Jazzband play at Mariner's Bar/ restaurant, Rua Santa Isabela, 20h30 - 914 806 310

SILVES

OCTOBER 23, 24, 25



Live Music at Café Inglês - Oct 23: Jazz trio Michel Assis from 21h00 - Oct 24: Red Earth from 21h00 - Oct 25: Latin Jazz with James Mellor, Adriano Santos & Paulo Rosa from 21h00 - Oct 25: Zé Manel Martins - Afro Latin Quarteto from 15h00 - 282 442 585

TAVIRA

OCTOBER 24

Outonalidades 2009 'Beatriz Portugal Jazz Quintet' - Casa do Povo de Stº Estêvão - 22h00

OCTOBER 24

Autumn Choir Meeting by Tavira Choir Group - Misericórdia Church - 21h30

NORTH

PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - 220 120 214 - Av. da Boavista, 604-610 - www.casadamusica.com

DAILY

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum

GUIMARÃES

UNTIL NOVEMBER 29

Painting Exhibition by Adelina Lopes - Art Gallery of Centro Cultural Vila Flor - Free entrance - Centro Cultural Vila Flor is situated on Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvf.pt

CENTRE

CASCAIS

DAILY

» **Cascais Cultural Centre** - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

» **Naval Club** - The Cascais Naval Club is situated on the bay, and important international competitions are organised from here. There is a sailing school on weekends.

» **Sea Museum - Rei D. Carlos** - The museum has a vast range of exhibits related to the sea. There are sections on natural history, ethnology and underwater archaeology. The collection includes old maps, fishermen's clothing, models of boats and treasures salvaged from ships wrecked in the sea around Cascais and in the Tagus estuary • Guided tours: 214825081 • Rua Júlio Pereira da Mello in Cascais • Open: from 10h00-19h00; closed on Mondays and Public Holidays • 214825400

ESTORIL

DAILY

» **National Coach Museum** • Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family • Open from 10h00 to 17h30 (Closed Mondays) and public holidays • Praça Afonso de Albuquerque • 213610850

www.the-news.net

Lisbon Summer Concerts
(Tickets: See details bottom page)

October 30 - Backstreet

Boys - Pavilhão Atlântico - 21h00 - October 31 & November 1 - Mariza in Concert in Fado Concert - Coliseu dos Recreios - 22h00 -

November 8 - Concert by Rammstein - Sala Atlântico of Pavilhão Atlântico - Tickets: From €33 to €42 -

November 14 - 'Tour of the Universe' Concert by Dpeche Mode - 22h00 - Sala Atlântico of Pavilhão Atlântico - December 1 - Concert by Marilyn Manson - Campo Pequeno - 21h00 - Tickets: From €20 to €30 - December 7 - Concert by the Prodigy - Sala Atlântico of Pavilhão Atlântico - Tickets: From €30 to €40)



TOUR of the UNIVERSE

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Nigel Slater's Simple Suppers. (R) (T) 12.00 BBC News; Weather. (T) 12.15 Football Focus. (T) 1.00 Racing from Aintree and Chepstow. Live coverage of five races from the two courses. (T) 2.30 Inside Sport. (R) (T) 3.10 Murder, She Wrote. (R) (T) 4.00 A Question of Sport. (R) (T) 4.30 Final Score. (T)

5.25 BBC News; Regional News; Weather. (T)
5.45 Hole in the Wall. With Ricky Groves, Abi Titmuss, Ian 'H' Watkins and Linda Lusardi. (T)

6.15 Merlin. Part one of two. Gary becomes infatuated with the beautiful Lady Catrina, but though Merlin senses there is something very wrong about her, Arthur refuses to heed his warnings. (T)

7.00 Strictly Come Dancing. The pressure mounts as the 11 remaining celebrities perform either a samba or American smooth. The two couples with the lowest scores compete again in the dance-off, while judges Len Goodman, Alesha Dixon, Craig Revel Horwood and Bruno Tonioli decide who to eliminate. World Latin Champions Michael Malitowski and Joanna Leunis take to the floor with a rumba before the result is announced. Bruce Forsyth and Tess Daly present. (T)

9.00 The National Lottery Draws. Jenni Falconer sets the balls rolling to decide the all-important Thunderball, Dream Number and Lotto numbers. (T)

9.10 Casualty. Ruth is rushed into the department, but despite the threat to her life, insists on hiding the cause of her haemorrhage from all her colleagues except Tess. Adam assigns the trainees the case of a man who claims to see elves, and Polly tries to deal with Alistair's obvious infatuation - but is unable to recognise the depth of his feelings for her. With guest appearances from former Coronation Street star Tracy Shaw and ex-Heartbeat actor Mark Jordan. (T)

10.00 BBC News; Weather. (T)

10.15 Match of the Day. Gary Lineker presents highlights of today's Premier League clashes. With most of their championship rivals playing on Sunday, Chelsea were looking to seal a march in the title race by emulating last season's 2-0 home win over Blackburn Rovers at Stamford Bridge. Elsewhere, Hull City faced fellow strugglers Portsmouth at the Kingston Communications Stadium, while Tottenham Hotspur entertained Stoke City at White Hart Lane; (T) National Lottery Update. (T)

11.30 The Football League Show. Highlights of today's games. (T)

12.45 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 1.50 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Dennis and Gnasher. (R) (T) 7.15 Dennis and Gnasher. (R) (T) 7.25 Sportsround. (R) (T) 7.40 What's New Scooby-Doo? (R) (T) 8.00 Gimme a Break. (T) 8.30 TMI. (T) 10.00 My Almost Famous Family. (T) 10.30 Ed and Ocho's Excellent Inventions. (R) (T) 11.00 The Story of Tracy Beaker; (R) (T) Diddy Dick & Dom. (R) (T) 11.30 Animals at Work. (R) (T) 12.00 BBC Switch: The Cut. (T) 12.25 BBC Switch: Off the Hook. (R) (T) 12.55 BBC Switch: The 5.19 Show. (T) 1.10 BBC Switch: Chartjacks. (T) 1.15 BBC Switch: The Well. (T) 1.25 BBC Switch: Kyle XY. (T) 2.10 FILM: MacKenna's Gold (1969). Western, starring Gregory Peck. (T) 4.15 Emma. (R) (T) 5.15 Match of the Day Live. Derby County v Queens Park Rangers (Kick-off 5.30pm). (T) 7.30 Autumnwatch (2009). The presenter witnesses 40,000 wading birds flying in formation. (R) (T) 8.30 Ballroom. Documentary examining the history of the royal family's most private residence, and its links to Scottish traditions and national symbols including tartan and bagpipes. (T) 9.30 Have I Got a Bit More News for You. Guest host David Mitchell and team captains Ian Hislop and Paul Merton are joined by panellists Grayson Perry and Ed Byrne. (T) 10.10 The Thick of It. (T) 10.40 Dame Shirley Bassey: Electric Proms 2009. (T) 11.40 Never Mind the Buzzcocks. (R) (T) 12.10 The Culture Show. (R) (T) 1.10 FILM: The Rain-bow (1988). Period drama, starring Sammi Davis and Paul McGann. (T) 2.00 FILM: (GMT) The Ghost Ship (1943). Thriller, starring Richard Dix. (T) (bw) 3.05 Close.

Pick of the Day

Piers Morgan's Life Stories: Katherine Jenkins, ITV1 10pm

With her classic good looks, sweet nature and angelic voice, Katherine Jenkins doesn't seem the obvious candidate for an interview with Piers Morgan. After all, the hate-him-or-really-hate-him interviewer and Britain's Got Talent judge tends to prefer chatting with heffraisers and tabloid darlings, dishing the dirt on their scandal-filled lives. Globally-renowned mezzo-soprano Katherine, however, has one or two skeletons in her closet and in this candid chat she comes clean about the drugs experimentation she dabbled in during her rise to the top. There is certainly a great thirst for more knowledge about the former school teacher from Neath who became the fastest-selling female classical singer since Maria Callas. It's already well known that by the age of seven, Katherine's early interest in pop had given way to a love of classical music, and she began taking piano lessons and joined the local choir. In the decade that followed she represented Wales three times in the Chœur of Of The Year competition, twice won the BBC Radio 2 Welsh Chœur of The Year contest, and won the BET Welsh Chœur of Of The Year. In October 2003 she sang at a special mass honouring the Pope's silver jubilee at Westminster Cathedral, and in 2004, at the age of 23, Katherine Jenkins signed the largest record deal in UK classical recording history, with an undisclosed seven-figure deal.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 World Sport. 7.30 GT4 European Cup. 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.30 T4: The World's Greatest Pop Star: Kylie Minogue. (R) (T) 10.35 T4: Fantastico Mr Fox: T4 Movie Special. (T) 11.05 T4: Hollyoaks Music Show. (T) 11.40 T4: P Diddy's Starmaker. (T) 12.40 T4: Scrubs. (R) (T) 1.10 T4: Rivals. (T) 2.00 Channel 4 Racing from Doncaster and Newbury. Including the 3.30 Racing Post Trophy (1m). (T) 4.00 Come Dine with Me. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Come Dine with Me. (R) (T) 5.30 Come Dine with Me. (R) (T) 6.00 Come Dine with Me. (R) (T) 6.30 Channel 4 News. (T) 7.00 Kevin McCloud's Grand Tour. The presenter travels through Rome and Naples. (R) (T) 8.00 FILM: The Truman Show (1998). A man is unaware his every move is being secretly filmed and broadcast as a 24-hour TV soap. Media satire, starring Jim Carrey and Ed Harris. (T) 10.00 FILM: Blade: Trinity (2004). The Daywalker teams up with two other vampire hunters to tackle his most challenging foe - Dracula. Horror sequel, with Wesley Snipes and Jessica Biel. (T) 12.10 4Music: Live from Abbey Road. Performances by Gossip, the Mars Volta and Friendly Fires. (T) 1.15 FILM: Lake Tahoe (2008). Premiere. Drama, starring Diego Calton. 1.30 (GMT) Home Road Movies. (R) (T) 1.45 FILM: Metropolis (2001). Animated sci-fi drama, with the voice of Yuka Imoto. 3.35 ST Elsewhere. (R) 4.25 ST Elsewhere. (R) 5.10 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.10 Fireman Sam. (R) (T) 7.30 The Milkshake! Show. (R) (T) 7.45 Noddy in Toyland. (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.25 Mist: Sheepdog Tales. (R) (T) 8.45 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.55 Olivia. (R) (T) 9.15 Little Princess. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 NFL UK. (T) 11.00 The Gadget Show. (R) (T) 12.00 Mean Machines. (R) (T) 12.30 FILM: The Black Knight (1954). Swashbuckling adventure, with Alan Ladd. (T) 2.10 FILM: A Passage to India (1984). Period drama, with Peggy Ashcroft. (T) 5.15 Five News. (T) 5.25 FILM: What About Bob? (1991). Comedy, starring Bill Murray and Richard Dreyfuss. (T) 7.15 NCIS. Gibbs's former commanding officer is accused of murder. (R) (T) 8.05 CSI: NY. Hawkes makes an emotional return to a hospital where he once worked as the team investigates the death of a teenager who was recovering from a serious car accident. (R) (T) 9.00 CSI: NY. Mac examines the case of a base jumper seemingly killed when he hit a flock of pigeons, while Stella investigates a man's death on the day of his daughter's 16th birthday party. (R) (T) 10.00 CSI: Crime Scene Investigation. Langston and Riley are taken hostage. (R) (T) 11.00 Law & Order: Special Victims Unit. (T) 12.00 SuperCasino. 4.00 (GMT) Great Artists. (R) (T) 4.40 Great Artists. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Scratch 'n' Sniff's Den of Doom. (T) 10.10 Planet Sketch. (R) (T) 10.20 FILM: Yu-Gi-Oh! (2004). Premiere. Animated adventure, with the voice of Dan Green. (T) 12.05 The Crocodile Hunter Diaries. (R) (T) 12.35 ITV News and Weather; Weather. (T) 12.40 FILM: Agatha Christie's The Man in the Brown Suit (1989). Crime drama, starring Stephanie Zimbalist. (T) 2.30 FILM: Dennis the Menace Strikes Again (1998). Comedy sequel, starring Justin Cooper. (T) 3.55 London Tonight; Weather. (R) (T) 4.10 FILM: Star Wars: Episode I - The Phantom Menace (1999). Sci-fi prequel, starring Liam Neeson and Ewan McGregor. (T)

5.15 ITV News and Weather. (T)
5.30 FILM: Star Wars: Episode I - The Phantom Menace (1999). Concluded. (T)

7.00 New You've Been Framed! Harry Hill narrates another selection of camcorder calamities and viewers' mobile phone footage, including clips of a man taking on a big spider, a bike that doubles as a swing, and a spot of sibling rivalry. Harry Hill's TV Burp. The comedian reviews the past week's TV, subjecting the latest soap sagas, reality shows and documentaries to his unique brand of scrutiny, featuring send-ups of popular programmes. (T)

8.00 The X Factor. Last week saw Rachel Adedeji survive a second week in the bottom two as Simon Cowell gave Rikii Loney the chop. Now, the remaining 10 acts take on swing classics in big band night, accompanied by a full orchestra. Songs from the likes of Frank Sinatra and Bobby Darin are likely to feature, along with a few unexpected selections, and with Louis back on the show, he, Simon, Cheryl Cole and Dannii Minogue give their verdicts on the performances. The singers then face an agonising 24-hour wait for the results show to find out whether the voting public has put them in the bottom two. Dermot O'Leary presents. (T)

10.00 Piers Morgan's Life Stories: Katherine Jenkins. The Welsh classical singer talks to Piers about her eating disorder, the drugs scandal that could have wrecked her career, and the death of her father. Dubbed a modern-day Vera Lynn for her many performances in Iraq and Afghanistan for British troops, Katherine Jenkins' singing career has also seen her win two consecutive Classical Brit Awards and sell millions of albums around the world. (T)

11.00 ITV News and Weather; Weather. (T)
11.15 FILM: My Little Eye (2002). Horror, starring Sean CW Johnson. (T)

1.05 FILM: Balto 3: Wings of Change (2004). Premiere. Animated adventure, with the voice of Sean Astin; (T) ITV News Headlines. 1.30 (GMT) Nightwatch with Steve Scott: Crime. (R) (T) 2.25 Crossing Jordan. (R) (T) 3.10 ITV Nightscreen.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top 1530 Programa das Festas 1900 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Conta-me Como Foi 2215 Dança Comigo no Gelo 0000 Carga Pesada 0045 Lipstick Jungle, series 0115 The Third Miracle, film 0200 Winter Time 0300 Surf - WTC - Peniche 2009 0315 Top+ 0415 Teleseals

RTP2
0700 Euronews 0800 África 7 Dias 0830 Notícias de Portugal 0900 Open University 1000 Zig Zag 1230 Film 1400 Iniciativa 1500 Sports 1900 Artes de Rua 1930 O Pato 2030 Bastidores 2100 Manuel Hermínio Monteiro 2155 A Hora da Seta 2200 News 2240 Cidade de Deus, film 0030 Kakushi Toride No San Akunin, film 0130 Sports 0200 Winter Time 0615 Euronews

SIC
0600 Etnias 0645 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 Our World 1300 News 1400 Alta Definição 1430 Episódio Especial 1515 Film 1730 Film 2000 News 2115 Perfeito Coração 2215 M/F: Sairinhos em Casa 2345 Film 0215 Quando o Telefone Toca

TVI
0700 Children TV 0930 Inspector Max 1030 Hannah Montana 1115 Deluxe 1215 Antevésio 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0030 Americano Pie 2, film 0215 Sempre a Somar 0400 The Office, series 0430 NCIS, series 0530 Teleseals

Best of the Rest

BBC3
7.00 Merlin Secrets and Magic 7.10 Top Gear 8.10 The Real Hustle on Holiday 8.40 The Real Hustle on Holiday 9.10 Russell Howard's Good News Extra 10.00 Film: Camp Rock PG (2008) 11.30 Family Guy 11.50 Family Guy 12.15 Harper's Island 12.55 Harper's Island 1.40 Harper's Island Solved 1.10 (GMT) Russell Howard's Good News Extra 1.55 The Real Hustle on Holiday 2.25 The Real Hustle on Holiday 2.55 Don't Tell the Bride 3.55 Harper's Island Solved 4.25 Close

BBC4
7.00 Art Deco Icons 7.30 The Scarlet Pimpernel 9.00 Terror! Robespierre and the French Revolution 10.30 Storyville: Men in the City 11.30 Krautrock - The Rebirth of Germany 12.30 Kraftwerk - Minimum/Maximum 1.30 Storyville: Men in the City 1.30 (GMT) Krautrock - The Rebirth of Germany 2.30 Art Deco Icons 3.00 Close

ITV2
1.15 Holiday Airport 2.15 Who Wants to Be a Millionaire? 3.15 All Star Family Fortunes 4.00 Gossip Girl 4.50 Paris Hilton's Best American Friend Forever 5.50 Film: Twins PG (1998) 8.00 Too Fat to Huddle 9.00 New Homes from Hell 2009 10.00 The Xtra Factor 11.00 Fearnie and - Paris Hilton 12.00 Jack Osbourne: Celebrity Adrenaline Junkie 1.00 Harry Hill's TV Burp 1.30 The X Factor 2.30 (GMT) The Xtra Factor 3.20 Judge Judy 3.40 Teleshopping 5.40 ITV2 Nightscreen

Sky1
1.00 Don't Forget the Lyrics 2.00 The Real A&E 3.00 Cold Case 4.00 Grease: The School Musical 4.30

Grease: The School Musical 5.30 The Simpsons 6.00 The Simpsons 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Futurama 8.30 Futurama 9.00 UK Border Force 10.00 UK Border Force 11.00 Road Wars 12.00 Night Cops 1.00 One and Other 1.50 Road Wars 1.40 (GMT) Prison Break 2.30 Crash Test Dummies 3.20 Drugs Wars: DEA 4.10 Wedding SOS 4.35 Wedding SOS 5.00 Brainiac: Science Abuse

GOLD
1.05 As Time Goes By 1.45 Film: The Lavender Hill Mob U (1951) 3.30 Posh Nosh 3.40 Only Fools and Horses 4.50 Only Fools and Horses 5.55 Only Fools and Horses 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 Jonathan Creek 10.10 Jonathan Creek 11.20 One Foot in the Algarve 1.20 Vic Reeves Big Night Out 1.55 Vic Reeves Big Night Out 1.25 (GMT) As Time Goes By 1.55 As Time Goes By 2.25 As Time Goes By 3.00 Close

TCM
1.00 The Shop Around the Corner U (1940) 5.00 The Frisco Kid PG (1979) 5.20 Tall Story U (1960) 7.10 Springfield Rite U (1952) 9.00 Jackie Chan's First Strike 12 (1996) 10.40 Shaft 15 (1971) 12.50 O Lucky Man! 15 (1973) 3.00 (GMT) Teleshopping 5.00 The Shop Around the Corner U (1940)

The Disney Channel
Kids' programmes from Tam, except: 4.00 Film: Halloween Town II: Kalabar's Revenge PG (2001) Spooky adventure sequel, starring Debbie Reynolds. 8.00 Film: Wizards of Waverly Place: The Movie PG (2009) Fantasy adventure, starring Selena Gomez.

MOVIES

Sky Movies Drama

6.20 Daydream Believers: The Monkees Story 15 (2000) 8.00 The Legend of 1900 15 (1998) 10.15 What Dreams May Come 15 (1998) 12.15 Footloose 15 (1984) With Kevin Bacon. 2.15 Across the Universe 12 (2005) With Evan Rachel Wood. 4.30 December Boys 12 (2007) With Daniel Radcliffe. 6.20 The Bucket List 12 (2008) With Jack Nicholson. 8.00 3.10 to Yuma 15 (2007) With Russell Crowe. 10.05 Deception 15 (2008) With Hugh Jackman. 12.00 The Brave One 18 (2007) With Jodie Foster. 1.15 (GMT) The Good German 15 (2006) With George Clooney. 3.10 Charlie Wilson's War 15 (2007) 4.55 Miracle on the 17th Green U (1999)

Sky Movies Comedy

6.00 Strange Wilderness 15 (2008) 7.30 The Santa Clause 3: The Escape Clause U (2006) 9.05 House of Illusions PG (1991) 10.50 Enchanted PG (2007) 12.40 Brewer's Millions PG (1985) With Richard Pryor. 2.25 The Heartbreak Kid 15 (2007) With Ben Stiller. 4.25 House of Illusions PG (1991) With Steve Martin. 6.10 Enchanted

PG (2007) With Amy Adams. 8.00 Brewer's Millions PG (1985) With Richard Pryor. 9.45 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 11.10 The Heartbreak Kid 15 (2007) With Ben Stiller. 1.05 Definitely Maybe 12 (2008) With Ryan Reynolds. 2.00 (GMT) South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 3.25 35MM 3.55 The Santa Clause 3: The Escape Clause U (2006) 5.30 Family Show

Sky Movies Action/Thriller

6.40 Angel Flight Down PG (1996) 8.15 Predator 2 18 (1990) 10.05 Gone in 60 Seconds 15 (2000) 12.05 Death Race 15 (2008) With Jason Statham. 2.00 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 4.10 Street Kings 15 (2008) With Keanu Reeves. 6.00 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 8.00 Death Race 15 (2008) With Jason Statham. 10.00 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 12.10 Street Kings 15 (2008) With Keanu Reeves. 1.05 (GMT) Mortal Thoughts 18 (1991) With Demi Moore. 2.50 Darkman 18 (1990) 4.30 Angel Flight Down PG (1996)

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Football League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Special 12.30 Live Football Special. Wolverhampton Wanderers v Aston Villa (Kick-off 12.45pm). 3.00 Soccer Saturday 5.30 Live Premiership Rugby Union. Gloucester v London Wasps (Kick-off 5.35pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 1.45 (GMT) Football First 3.15 Football First 4.45 Sky Sports Classics 5.00 NFL: Total Access

Sky Sports 2

6.00 Football League 7.30 Live Rugby Union. Waikato v Auckland (Kick-off 7.35am). 9.30 Archipelago Raid 10.00 International Rugby League 12.00 Kiteboarding 12.30 Archipelago Raid 1.00 Rugby Union. 3.00 Live Premiership Rugby Union. London Irish v Leicester Tigers (Kick-off 3.15pm). 5.30 NFL London: Preview 6.00 A1 Grand Prix 7.30 Live International Rugby League. Australia v New Zealand (Kick-off 8.00pm). 10.00 Premiership Rugby Union 12.00 NFL London: Preview 12.30 International Rugby League 1.55 Live A1 Grand Prix. The Australian Grand Prix. 4.00 (GMT) NFL London: Preview 4.30 Archipelago Raid 5.00 Show Jumping

Sky Sports 3

6.00 Sports Unlimited 7.00 Tight Lines 8.00 Friday Fight Night 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Live European Tour Golf. The Castello Masters. 5.00 WWE: Smackdown 7.00 Live Spanish Football. A La Liga match.

9.00 Live Spanish Football. A La Liga match. 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 1.00 (GMT) WWE: Late Night - Bottom Line 1.55 NFL London: Preview 2.25 Live International Cricket. India v Australia. 5.00 Race World

British Eurosport

7.30 World Rally Championship 8.00 WATTS 8.15 Eurogals Weekend 8.25 Eurogals: One to One 8.40 Live Alpine Skiing. The women's giant slalom in Soelden, Austria. 9.45 Live WTA Tennis. The opening Kremlin cup semi-final. 11.45 Live Alpine Skiing. The second run of the women's giant slalom in Soelden, Austria. 12.45 Live WTA Tennis. The second Kremlin cup semi-final. 2.00 Live World Series by Renault. Race one from Alcañiz in Spain. 3.00 World Rally Championship 3.30 Eurogals: One to One 3.45 Live Under-17s World Cup Football. Honduras v Argentina (Kick-off 4.00pm). 6.00 Under-17s World Cup Football 7.00 Live Under-17s World Cup Football. Nigeria v Germany (Kick-off 7.00pm). 9.00 Live Boxing. Steffen Kretschmann v Cisse Saif. 11.00 World Rally Championship 11.30 MotoGP 1.00 Close

Sky Sports Xtra

6.00 Race World 7.00 International Rugby League 9.00 NFL: America's Game 10.00 A1 Grand Prix 11.30 Racing News 12.00 British Ice Hockey 2.00 International Rugby League 4.00 Friday Fight Night 6.00 NFL: Total Access 7.00 Max Power 8.00 Golf Night 10.00 Max Power 11.00 Race World 12.00 Sports Unlimited 1.00 Spanish Football 3.00 (GMT) Sports Unlimited 4.00 NFL: Total Access 5.00 Sports Unlimited

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BBC1

Sunday 25/10/09

6.00 (GMT) Breakfast. (T) 6.45 Live MotoGP. The Malaysian Grand Prix. (T) 8.00 Make of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Country Tracks. (T) 12.00 The Politics Show. (T) 1.00 Cash in the Attic. (R) (T) 1.45 Murder, She Wrote. (R) (T) 2.30 EastEnders. (T) 4.25 Lifeline. (T) 4.35 Points of View. (T) 4.50 Songs of Praise. (T)

5.30 BBC News: Regional News; Weather. (T)
6.00 Life. David Attenborough reveals how reptiles and amphibians, including the pebble toad and Jesus Christ lizard, conquer their shortcomings by using tricks and strategies to avoid predators. He also explores how chameleons can achieve a high level of accuracy with their muscle-propelled, extendible tongues, and finds out how a 9ft Komodo dragon can bring down a huge water buffalo. (R) (T)

7.00 Countryfile. Matt Baker and Julia Bradbury visit the Forest of Bowland in Lancashire, where they learn about the local speciality cheese, and celebrate Halloween in Pendle witch country. John Craven also investigates the decline in the country's green areas as developers build thousands of new homes, and back on his farm, Adam Henson introduces the rams to his ewes. Including Weather for the Week Ahead. (T)

8.00 Antiques Roadshow. Fiona Bruce and the team value objects in the Tamar Valley, Devon, where they are given the opportunity to drop anchor at Morwellham Quay. Items examined by the experts include an ugly brown jug with a surprising valuation, a rare silver salver, and a long-case clock that arrives in an unexpected manner. (T)

9.00 **Emma**. The outing to Box Hill ends in disaster when Emma insults Miss Bates. After being berated by Knightley, she realises her behaviour was shameful and tries to make amends, but Jane refuses to speak to her. When Frank's overbearing aunt dies, the Westons expect him to propose to Emma, but his subsequent actions start a chain of events that shocks the heroine, resulting in the realisation of a truth she previously dismissed. Romola Garai and Jonny Lee Miller. Last in the series. (T)

10.00 BBC News; Weather. (T)
10.20 Michael McIntyre's Comedy Roadshow. The comedian continues his tour of the nation's most prestigious venues by visiting the Birmingham Hippodrome. Shappi Khorsandi leads tonight's showcase of stand-ups from the UK comedy circuit, with support from Tom Stacey, Steve Hughes and Paul Tonkinson. (T)

11.05 FILM: Ruthless People (1986). Comedy, starring Danny DeVito and Bette Midler; (T) Weatherwise. (T)
12.40 Sign Zone: Nigel Slater's Simple Suppers. (R) (T) 1.10 Sign Zone: Defying Gravity. (R) (T) 1.55 Sign Zone: Holby City. (R) (T) 2.55 Sign Zone: Holby City. (R) (T) 3.55 BBC News. (T)



BBC2

6.00 (GMT) CBeebies: (GMT) Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 7.00 CBBC: Uncle Max. (R) (T) 7.10 OOglies; (R) (T) Diddy Dick & Dom. (R) (T) 7.30 Prank Patrol. (R) (T) 8.00 Da Dick and Dom Dairies. (R) (T) 8.30 MI High. (R) (T) 9.00 The Sorcerer's Apprentice. (T) 10.00 Something for the Weekend. (T) 11.30 Escape to the Country. (R) (T) 12.15 Animal Park. (R) (T) 12.45 MotoGP. (R) (T) 2.00 International Rugby League. (T) 3.00 FILM: Land of the Pharaohs (1955). British epic ancient Egypt drama, starring Jack Hawkins. (T) 4.40 Flog It! (R) (T) 5.10 Meerkat Manor. (T) 5.35 Meerkat Manor. (T) 6.00 The Teaching Awards 2009. (T) 7.00 Top Gear. Motor racing driver Lewis Hamilton completes a lap on the test track, Richard Hammond takes to an F1 car, and Jamie Blunt is the Star in a Reasonably Priced Car. (R) (T) 8.00 Ray Mears' Northern Wilderness. New series. The survival expert explores the Canadian wilderness. (T) 9.00 Charley Boorman: Sydney to Tokyo, by Any Means. The adventurer travels across the Philippine Archipelago. (T) 10.00 Match of the Day 2. Including highlights of Liverpool v Manchester United. (T) 11.00 Smokey Robinson: Electric Proms 2009. (T) 12.00 NFL Highlights from Wembley. (T) 1.00 BBC News. (T) 3.55 Close.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Pick of the Day

Emma, BBC1 9pm

We don't half love our Jane Austen adaptations on the Beeb. Over the years, the broadcaster has screened adaptations of every single one of the author's novels. Notable examples include last year's version of Sense and Sensibility with Hattie Morahan and Charley Wakefield, and the acclaimed 1995 adaptation of Pride and Prejudice starring Jennifer Ehle and Colin Firth. This latest version of Emma, though not the first time the BBC has tackled the tale, has shaped up to be one of best Austen adaptations it has done so far, so it's a shame that it comes to its end in tonight's episode. What was intended to be a day of fun instead turns into a day of misery for everyone on the outing to Box Hill. Things come to a head when Emma, egged on by Frank, behaves very badly and ends up insulting Miss Bates. When Mr Knightley berates her for her behaviour, Emma realises she was in the wrong and tries to make amends with both Jane and Miss Bates, though Jane refuses to see her. After spending her time matchmaking for others, Emma finally realises there might be a fan for her after all — but is it too late for her to find romance?

C4

5.55 (GMT) The Treacle People. (R) (T) 6.05 Sali Mali. (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Beach Volleyball. (R) (T) 8.00 The Brain Cell. (T) 8.30 Freesports on 4. (T) 9.00 T4: Friends. (R) (T) 9.30 T4: Hollyoaks. (T) 12.05 T4: 90210. (T) 1.00 T4: The World's Greatest Pop Star: Take That. (T) 2.05 T4: Friends. (R) (T) 2.40 T4: Ugly Betty. (R) (T) 3.35 T4: The Simpsons. (R) (T) 4.10 T4: The Simpsons. (R) (T) 4.40 Deal or No Deal. (T) 5.30 Scrapheap Challenge. (T) 6.30 Channel 4 News. (T) 7.00 Not Forgotten: The Men Who Wouldn't Fight. Ian Hislop recounts the stories of World War One conscientious objectors whose beliefs or previous battlefield experiences led to their refusal to do military service. (R) (T) 8.00 Come Dine with Me. The cookery competition arrives in Macclesfield, where Dave Freet treats his guests to a gastro-pub inspired menu, before Veronica O'Connor criticizes his skills as a host. (T) 9.00 FILM: John Tucker Must Die (2006). Premiere. A womanising high-school student's ex-girlfriends join forces to take revenge on him. Romantic comedy, with Jesse Metcalfe and Brittany Snow. (T) 10.40 Star Stories. (T) 11.15 Brighton Comedy Festival. (T) 12.20 My Name Is Earl. (R) (T) 12.50 My Name Is Earl. (R) (T) 1.15 FILM: Four Minutes (2006). Premiere. Drama, starring Monica Bleibtreu. 3.05 Studio 60 on the Sunset Strip. (R) (T) 3.50 Invasion. (R) (T) 4.30 St Elsewhere. (R) 5.20 Countdown. (R) (T)

FIVE

6.00 (GMT) Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Fireman Sam. (R) (T) 7.20 Hana's Helpline. (R) (T) 7.35 The Milkshake! Show. (R) (T) 8.00 Noddy in Toyland. (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.25 Mist: Sheepdog Tales. (R) (T) 8.45 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 Little Princess. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 Everybody Hates Chris. (R) (T) 10.25 The Great South Run. Live coverage of the 10-mile event in Portsmouth. (T) 12.00 Megastructures: Built from Disaster. (R) (T) 1.00 FILM: Fools' Parade (1971). Western, starring James Stewart. (T) 2.50 FILM: Agent Cody Banks 2: Destination London (2004). Family adventure sequel, starring Frankie Muniz. (T) 4.40 FILM: Superman II (1980). Comic-strip adventure, starring Christopher Reeve. (T) 7.00 Five News. (T) 7.10 FILM: Men in Black (1997). A cop joins a top-secret force dedicated to policing alien visitors to Earth. Sci-fi comedy, starring Will Smith and Tommy Lee Jones. Including Five News Update. (T) 9.00 FILM: Bad Boys II (2003). Two cops set out to stop a drug lord flooding the market with a deadly form of Ecstasy. Comedy thriller sequel, with Will Smith and Martin Lawrence. Including Five News Update. (T) 11.50 FlashForward. (R) (T) 12.50 Urban Legends. (R) (T) 1.15 NFL Live. New York Giants v Arizona Cardinals (Kick-off 1.20pm). 4.40 NFL Classic. (R) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 (GMT) ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Paz. (T) 9.35 Captain Mack. (R) (T) 9.50 Ermy. (T) 10.05 Teenage Mutant Ninja Turtles. (T) 10.35 Tricky Quikies. (R) (T) 10.40 Coronation Street. (T) 12.55 ITV News and Weather; Weather. (T) 1.00 FA Cup Draw. The first-round draw. (T) 1.30 The Planet's Funniest Animals. 2.00 FILM: Columbo: Sex and the Married Detective (1989). Detective drama, starring Peter Falk. 4.00 FILM: The Man with the Golden Gun (1974). James Bond adventure, starring Roger Moore and Christopher Lee. (T)

6.15 London Tonight: Weather. (T)
6.30 ITV News and Weather. (T)
6.45 Harry Hill's TV Burp. Comic review of the week's small-screen highlights. (R) (T)
7.15 All Star Family Fortunes. Former EastEnders star Hannah Waterman is joined by her husband Ricky Groves (who played Garry Hobbs in the soap) along with her actor mum Patricia Maynard and family as she takes on Dancing on Ice champion Ray Quinn to win cash for charity. Ray and his relatives are playing for children's charity Destination Florida, while Hannah tries to raise money for the Urostromy Association. Vernon Kay asks the questions. (T)
8.00 The X Factor. Westlife return to the stage after supporting runners-up JLS in last year's final, performing their new single What About Now, from their forthcoming album Where We Are. Michael Buble also sings a tune from his latest CD Crazy Love. The acts in the bottom two sing again, hoping to win a reprieve from judges Simon Cowell, Cheryl Cole, Dannii Minogue and Louis Walsh, who hold the fate of the hopefuls in their hands. Dermot O'Leary presents. (T)
9.00 Doc Martin. The new midwife in the village persuades Louisa to take a natural, holistic approach to treating an infection, infuriating Martin, who insists on medicine. With Gemma Craven. (T)
10.00 ITV News and Weather; Weather. (T)
10.15 Nick Hornby: The South Bank Show. Melvyn Bragg follows the author in the run-up to the publication of his latest book, Juliet, Naked, and considers how the writer's career has been influenced by films. His first novel Fever Pitch was adapted for the big screen in 1997, and was followed by movie versions of High Fidelity and About a Boy. Melvyn also examines the story behind An Education, for which Hornby wrote the screenplay, adapting it from a memoir by journalist Lynn Barber. Actor Colin Firth, film producer Amanda Posey and Barber are among the contributors. (T)
11.15 Premiership Rugby Union. Craig Doyle and Martin Bayfield introduce highlights from the latest round of top-flight fixtures, including London Irish v Leicester Tigers and Gloucester v London Wasps.
12.10 The Other Side. (T) 1.00 Champions League Weekly. (T) 1.30 Kojak; (T) ITV News Headlines. 2.25 Heart of the Matter: Tonight. (T) 2.50 ITV Nightscreen.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1010 Mass 1115 Dennis the Menace, film 1300 News 1400 Sô Vístol 1445 Os Contemporâneos 1530 Rush Hour 3, film 1715 Dã Alma Música 2000 News 2100 As Escolas de Marcelo Rebelo de Sousa 2200 Hora da Sorte: Sorteio do Joker 2215 O Último Passageiro 0000 Dr Tand the Women, film 0200 GB Rally 0300 Surf - WTC - Peniche 2009 0315 Sô Vístol 0415 Telesales 0605 Nôs
RTP2
0700 Euronews 0730 África @ Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nôs 1100 Da Terra ao Mar 1130 Consigo 1200 Sports 1245 Vida Por Vida 1315 Olhar do Mundo 1345 Biofera 1445 A Voz do Cidadão 1500 Sports 1900 Couto & Coutadas 1930 Alma e Gente 2000 The Simpsons 2100 Diários da Escultura 2200 News 2230 Câmara Clara 2340 Britcom 0040 Onda Curta 0140 Sports 0515 Euronews
SIC
0615 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Gossip Girl, series 1545 Film 1800 Film 2000 News 2115 Perfeto Coração 2215 Idólos 2345 Film 0215 Quando o Telefone Toca TV
0700 Children's TV 0915 Smackdown, wrestling 1015 Inspector Mack 1115 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Uma Canção Para Ti 0115 House MD, series 0215 Sempre A Somar 0400 NCIS, series 0500 Telesales 0630 Todos Iguais

Best of the Rest

BBC3
7.00 (GMT) Doctor Who 7.45 Doctor Who's Greatest Moments 8.00 The World's Strictest Parents 9.00 Two Pints of Lager and a Packet of Crisps 9.30 Two Pints of Lager and a Packet of Crisps 10.00 Family Guy 10.25 American Dad! 10.45 American Dad! 11.05 Russell Howard's Good News 11.35 The World's Strictest Parents 12.35 Two Pints of Lager and a Packet of Crisps 1.05 Two Pints of Lager and a Packet of Crisps 1.35 How Not to Live Your Life 2.05 Russell Howard's Good News 2.35 Britain's Most Embarrassing Parents 3.35 Doctor Who's Greatest Moments 3.50 Kids for Sale - Stanley Dooley Investigates 4.50 Clever v Stupid 5.20 Close
BBC4
7.00 (GMT) Tamar de Lempicka: Hollywood's Deco Diva 7.30 Jacques Henri Lartigue - The Boy Who Never Grew Up 8.00 A Tale of Two Britains 9.00 Alan Cumming's The Real Cabaret 10.00 Spiral 10.55 It's Only a Theory 11.25 The Genius of Photography 12.25 Film: Cabaret 15 (1972) 2.25 Alan Cumming's The Real Cabaret 3.25 Tamar de Lempicka: Hollywood's Deco Diva 3.55 Jacques Henri Lartigue - The Boy Who Never Grew Up 4.25 Close
ITV2
1.00 Film: Twins PG (1988) 3.10 Film: Peter Pan PG (2003) 5.50 New You've Been Framed! 5.55 Film: Wild Wild West 12 (1999) 8.00 Colleen's Real Women 9.00 The XtraFactor 10.00 Trinty 11.00 Peter Andre: The Next Chapter 12.00 Faeame and - Paris Hilton 1.00 The X Factor 2.05 The XtraFactor 2.55 Teleshopping 3.25 Supernatural 4.05 Teleshopping 5.35 ITV2 Nightscreen

Sky1
1.00 Oops TV 1.30 Oops TV 2.00 Project Runway 3.00 Bones 4.00 UK Border Force 5.00 Grease: The School Musical 5.30 The Simpsons 6.00 Gladiators: The Legends' Last Stand 7.00 Grease: The School Musical 7.30 Modern Family 8.00 The Simpsons 8.30 The Simpsons 9.00 House 10.00 Fringe 11.00 Bones 12.00 Road Wars 1.00 Road Wars 1.50 Inside: Teen Lockdown 2.40 Oops TV 3.05 Road Wars 3.30 Prison Break 4.20 Drugs Wars: DEA 5.10 Wedding SOS 5.55 Wedding SOS
GOLD
1.35 Only Fools and Horses 2.40 Only Fools and Horses 3.45 One Foot in the Algarve 5.45 The Vicar of Dibley 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 Jonathan Creek 10.10 Only Fools and Horses 11.15 Men Behaving Badly 11.55 Vic Reeves Big Night Out 12.30 Vic Reeves Big Night Out 1.05 My Family 1.45 Men Behaving Badly 2.20 My Family 3.00 Close
TCM
1.00 Charro PG (1969) 3.00 When Time Ran Out PG (1980) 5.05 A Lion Is in the Streets PG (1953) 6.55 The Jazz Singer U (1953) 9.00 The Candidate PG (1972) 11.10 Scarecrow 18 (1973) 1.25 So Fine 15 (1981) 3.00 Teleshopping 5.00 Charro PG (1969)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Wizards of Waverly Place: The Movie PG (2009) Fantasy adventure, starring Selena Gomez.

MOVIES

Sky Movies Drama

6.45 (GMT) The Movie Geek 7.15 Baby It's You 15 (1983) 9.15 Silkwood 15 (1983) 11.30 35MM 12.00 To Be Fat Like Me PG (2007) With Kaley Cuoco. 1.45 The American President 15 (1995) With Michael Douglas. 3.45 The Sixth Sense 15 (1999) With Bruce Willis. 5.45 Die Hard 4.0 15 (2007) With Bruce Willis. 8.00 Saving Private Ryan 15 (1998) With Tom Hanks. 10.50 We Own the Night 15 (2007) With Joaquin Phoenix. 12.50 Slap Shot 18 (1977) With Paul Newman. 3.00 Get Real 15 (1999) With Ben Silverstone. 5.00 The Neighbor 12 (2008)

Sky Movies Comedy

6.00 (GMT) The Great White Hope 15 (1996) 7.35 Bowfinger 12 (1999) 9.20 27 Dresses 12 (2008) 11.20 Made of Honor 12 (2008) With Patrick Dempsey. 1.05 The Love Guru 12 (2008) With Mike Myers. 2.35 Blazing Saddles 15 (1974) With Mel Brooks. 4.15 Bowfinger 12 (1999) With Steve Martin. 6.00 27

6.05 (GMT) Die Hard 2 18 (1990) 8.15 Zulu PG (1964) 10.40 Hitman 15 (2007) 12.30 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 2.35 Die Hard 2 18 (1990) With Bruce Willis. 4.50 The Trigger Effect 15 (1996) With Kyle MacLachlan. 6.40 Zulu PG (1964) With Michael Caine. 9.00 Hitman 15 (2007) With Timothy Olyphant. 10.40 The Trigger Effect 15 (1996) With Kyle MacLachlan. 12.20 Mulholland Falls 18 (1995) With Nick Nolte. 2.20 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 4.25 Back in Business PG (2007)



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SPORT

British Eurosport

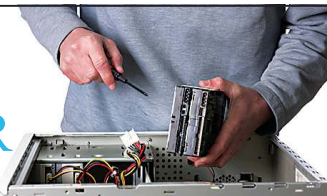
7.30 (GMT) World Rally Championship 8.00 Alpine Skiing 8.35 Live Alpine Skiing. The first run of the men's giant slalom in Soelden, Austria. 9.45 WTA Tennis 10.00 Live WTA Tennis. The Kremlin Cup final. 11.45 Live Alpine Skiing. The second run of the men's giant slalom in Soelden, Austria. 12.15 Triathlon 1.15 euroCRASH! 1.30 Live Touring Cars. Race two of the FIA European Touring Car Cup. 2.00 World Series by Renault 2.30 WTA Tennis 3.30 Live Under-17s World Cup Football. Turkey v Burkina Faso. 5.00 Under-17s World Cup Football 6.00 Live Under-17s World Cup Football. Colombia v Holland (Kick-off 6.00pm). 8.00 MotoGP 10.00 World Series by Renault 10.30 World Rally Championship 11.00 World Superbikes 12.00 Motorsports Weekend 12.35 Close

Sky Sports Xtra

6.00 (GMT) Premiership Rugby Union 8.00 Golf Night 10.00 A1 Grand Prix 12.00 Premiership Rugby Union 2.00 A1 Grand Prix 4.00 Ironman Triathlon 5.00 WWE: Experience 6.00 MotoGP 6.30 Seamester Sailing 7.00 Golf Night 9.00 International Cricket 11.00 A1 Grand Prix 1.00 Ironman Triathlon 2.00 Close

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BBC1

- 6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: What's New Scooby-Doo? (R) (T) 3.45 Bernard. (R) (T) 3.50 Oogies. (R) (T) 4.05 School of Silence. (T) 4.35 MI High. (R) (T) 5.00 Newsround. (T) 5.15 Weakest Link. General knowledge quiz, with Anne Robinson. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T) 7.30 Inside Out. Documentary series focusing on stories of interest to the region. (T) BBC News; Regional News. (T) 8.00 EastEnders. Heather and baby George's arrival on the Square puts pressure on the father to face up to his responsibilities. Darren summons the courage to stand up to Denise, while Syed becomes convinced Tamarra sent him the blackmail note. Meanwhile at the Beales', Ian makes a discovery about Jane. (T) 8.30 Panorama. An investigation into the number of serious crimes, including rape and murder, committed by violent offenders on their release from prison, suggesting the true figure may be higher than is generally acknowledged. Presented by Jeremy Vine. (T) 9.00 Life. David Attenborough reveals how mammals dominate the planet and survive in extreme habitats. In the Antarctic, a lone Weddell seal wears her teeth down keeping an ice hole open to catch fish for her pup. In warmer climes, the gerbil-like rufous sengi demonstrates impressive speed to avoid reptilian predators, giant bats feast on fruit trees in Zambia and male humpback whales battle for a female. (T) 10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 The Graham Norton Show. The talk-show host presents a mix of comedy monologues, celebrity chat and eccentric characters, sharing his humorous views with the audience. (T) 11.20 The Apprentice USA. New series. Business-based reality show in which candidates from all walks of life arrive in New York City to be vetted for employment by tycoon Donald Trump. The contestants undertake rigorous tasks, aiming to outshine their rivals and scoop a dream job as an apprentice with the Trump Organisation. For their first task they are split into male and female teams to create a new fitness class. (T) 12.05 The Apprentice USA. (T) Weatherview. (T) 12.55 Sign Zone: An Island Parish. (R) (T) 1.25 Sign Zone: Defying Gravity. (R) (T) 2.05 Sign Zone: Watchdog. (R) (T) 3.05 Sign Zone: MasterChef: The Professionals. (R) (T) 3.50 BBC News. (T)



BBC2

- 6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.45 Mama Mirabelle's Home Movies. (R) (T) 6.55 LazyTown Extra. (R) (T) 7.10 Pingu. (R) 7.15 Postman Pat: SDS. (R) (T) 7.35 Timmy Time. (R) (T) 7.45 Chuggington. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 What's New Scooby-Doo? (R) (T) 8.35 Zombie Hotel. (R) (T) 9.00 Prank Patrol. (R) (T) 9.30 Frankenstein's Cat. (R) (T) 9.50 League of Super Evil. (R) (T) 10.00 Trapped. (R) (T) 10.30 Sam & Mark's Guide to Dodging Disaster. (R) (T) 10.40 Gastronuts. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Living in the Sun. (R) (T) 2.30 Animal Park. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (R) (T) 4.30 Are You an Egghead? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Coal House at War. The children find it difficult to attain the school standards. (T) 7.30 An Island Parish. The Rev David Easton takes a surprising role in the pantomime. (T) 8.00 University Challenge. Christ's College v Emmanuel College in an all-Cambridge match. (T) 8.30 Restaurant in Your Home. New series. Award-winning home restaurateurs advise others. (T) 9.00 The World's Greatest Money Maker. Evan Davis Meets Warren Buffett. (T) 10.00 Have I Got News for You. With guest host David Mitchell. (R) (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Charley Boorman: Sydney to Tokyo, by Any Means. (R) (T) 12.20 BBC News. (T) 3.50 Close.

Pick of the Day

FlashForward, Five 9pm

This US sci-fi series has been billed as 'the new Lost', but it's an unfair comparison seeing as it is a smash-hit in its own right and is more than capable of standing on its own two feet. So promising was FlashForward's premise, that American network ABC wasted no time in commissioning a 22-episode first series, which, it would seem, has now been extended to 25 episodes due to popular demand. Admittedly, it's similar to Lost in so far that it attempts to answer one question by asking three more, and while this might be infuriating at times it ensures that we, the viewer at home, will be glued to our screens for the remainder of the run. In tonight's episode, Mark (Joseph Fiennes) finds himself on the defensive while being questioned about the details of his flashforward during a Senate Intelligence Committee hearing to determine whether the team appointed to investigate the global blackout will keep their funding. Meanwhile, Janis (Christine Woods) wonders how her vision in which she was having an ultrasound scan will affect her current relationship, and Olivia (Sonya Walger) receives an anonymous message relating to Mark's vision. The cast also includes John Cho and Courtney B. Vance.

C4

- 6.05 The Treacle People. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 The Track and Field Show. (R) (T) 9.30 Friends. (R) (T) 10.00 FILM: Sky Captain and the World of Tomorrow (2004). Sci-fi adventure, starring Jude Law. (T) 11.55 John and Karen. (R) (T) 12.00 News at Noon. (T) 12.30 Celebrity Life Skills. (R) (T) 12.40 Back to You. (R) (T) 1.10 FILM: CutThroat Island (1995). Swashbuckling adventure, starring Geena Davis. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Wall. New series. Four graffiti artists paint a wall somewhere in Britain. (T) 8.00 Dispatches: Do You Know What's in Your Breakfast? Health claims on breakfast cereals, drinks and bars. (T) 9.00 Race and Intelligence: Science's Last Taboo. Rageh Omar finds out whether there is any truth to research suggesting that black people are less intelligent than other races, hearing from scientists during his investigation. Part of the Race: Science's Last Taboo season. (T) 10.20 Ugly Betty. (T) 11.20 Wife Swap USA. (T) 12.15 No Angels. (R) (T) 1.20 FILM: Ramchand Pakistani (2008). Premiere. Fact-based drama, starring Navid Jabbar. 3.15 FILM: Mrs Pollifax: Spy (1971). Espionage comedy, starring Rosalind Russell. (T) 5.05 St Elsewhere. (R)

FIVE

- 6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 The Beeps. (R) (T) 6.40 Big Comic. (R) (T) 6.50 Peppa Pig. (R) (T) 6.55 Bert and Ernie's Great Adventures. (R) (T) 7.00 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerlots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) The WoTots. (T) 8.50 Hana's Helpline. (R) (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Diet Doctors: Inside and Out. (R) (T) 12.40 Five News. (T) 12.50 How to Be a Property Developer. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.00 The Family Recipe. (R) (T) 3.10 Reversible Errors. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 How Do They Do It? The secrets of the modern golf ball. (R) (T) 7.30 Five News Update. (T) 8.00 The Gadget Show. Musician Jamie Cullum joins Jon Bentley to test the new iPod. Suzi Perry and Oris Deley visit London's special effects-laden tourist attraction Pasaje del Terror to study horror. (T) 8.00 Five News at 9. **9.00 FlashForward.** The future of Wedek's team is threatened. (T) 10.00 America's Toughest Prisons. Life inside the Yukon Kuskokwim Correctional Center, Alaska. (T) 11.00 Ross Noble's Australian Trip. (T) 12.00 Disorderly Conduct. (R) (T) 12.55 SuperCasino. 3.00 NASCAR. 3.55 Race and Rally UK. 4.45 Motorsport Mundial. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

- 5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T) 5.00 Britain's Best Dish. The seven winning starter dishes are pitted against each other as Charles Campion, Mary Cadogan and William Sitwell join the judges to give their verdicts. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Debbie is thrilled when she receives a generous birthday present from Charity, little suspecting an ulterior motive behind her mother's uncharacteristic display of affection. Meanwhile, Laurel is once again given cause to question Sally's tales of domestic abuse, and Moira gives Marion advice for dealing with his impending divorce. (T) 7.30 Coronation Street. Pam becomes suspicious of Molly's lies, but is not prepared to witness her kissing Kevin. Tony panics when Maria tells him she is planning to inform Carla of their engagement, Michelle complains to Dev about a damp patch in the ceiling of her flat, and Norris's new employee lacks conversational skills. (T) 8.00 Make Me an Apprentice: Tonight. (T) 8.30 Coronation Street. Pam confronts Molly over her affair as Tyrone again bears the brunt of his wife's moods. Tony suggests he and Maria visit her parents in Cyprus to tell them their news in person. Norris's plans to sack his newest assistant are derailed, and Ryan hopes to persuade Michelle to let Ben move in with them. (T) 10.00 News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 FILM: Crank (2006). Premiere. Action thriller, starring Jason Statham. (T) 12.10 Nightwatch with Steve Scott. Crime: (R) (T) ITV News Headlines. 1.05 Loose Women. (R) 1.55 The Jeremy Kyle Show. (R) (T) 2.50 ITV Nightscreen.

(R) - repeat programme;
(T) - programme w/ teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

- RTP1**
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chances da Vida 1500 Sanguê do Meu Sanguê 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Notícias Soltas 2115 Salvador 2145 Jogo Duplo 2245 Prós e Contras 0115 Football 0145 The Unit, series 0230 Saved, series 0315 Amor e Intrigas 0415 Telesales 0605 Nôs
- RTP2**
0715 Zig Zag 1400 Sociedade Civil 1530 Consócio 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Gary Unmarried, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Weeds, series 2330 Dexter, series 0030 Noites das Doís 0130 Universidades 0200 Diga Lá! Excelência 0300 Eurodeputados 0330 Euronews 0500 Sociedade Civil
- SIC**
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2130 M/F: Sarilhos em Casa 2300 Viver a Vida 0030 CSI: Miami, series 0130 NCIS, series 0230 Quando o Telefone Toca
- TVI**
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2115 Meu Amor 2215 Deixa Que Te Leve 2300 Sentimentos 2345 Flor do Mar 0030 The Shield, series 0130 Doctors, series 0230 Sempre a Somar 0400 NCIS, series 0530 Telesales

Best of the Rest

- BBC3**
7.00 Merlin 7.45 Merlin Secrets and Magic 8.00 The Real Hustle on Holiday 8.30 Don't Get Screwed 9.00 Gavin & Stacey 9.30 Gavin & Stacey 10.00 EastEnders 10.30 Coming of Age 11.00 Family Guy 11.20 Family Guy 11.45 Don't Get Screwed 12.15 How Not to Live Your Life 12.45 Gavin & Stacey 1.15 Gavin & Stacey 1.45 Don't Tell the Bride 2.45 Coming of Age 3.15 How Not to Live Your Life 3.45 The Real Hustle on Holiday 4.15 The World's Strictest Parents 5.15 Merlin Secrets and Magic 5.30 Close
- BBC4**
7.00 World News Today 7.00 Weather 7.30 Inside Antiques 8.00 The Twenties in Colour: The Wonderful World of Albert Kahn 9.00 Glamour's Golden Age 10.00 Film: The Cotton Club 15 (1984) 12.00 Feasts 11.00 Feasts 2.00 Feasts 3.00 Glamour's Golden Age 4.00 Close
- ITV2**
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Mr & Mrs 8.00 Harry Hill's TV Burp 8.30 New You've Been Framed! 9.00 Hell's Kitchen USA 10.00 Benidorm 11.00 Film: Miami Vice 15 (2006) 1.35 Coronation Street 2.05 Coronation Street 2.30 Emmerdale 2.55 Teleshopping 3.25 The Montel Williams Show 4.05 Teleshopping 5.35 ITV2 Nightscreen
- Sky 1**
1.00 Project Runway 2.00 Bones 3.00 Cold Case 4.00 Brainiac: Science Abuse 5.00 Futurama 5.30 Futurama 6.00 Coops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Modern Family 8.30 The Simpsons 9.00 A Child Frozen in Time 10.00

- UK Border Force 11.00 Stargate Universe 12.00 Road Wars 1.00 Road Wars 1.50 Inside: Prison Tactical 2.45 Road Wars 3.10 A Town Called Eureka 4.00 Bite Size Brainiac 4.20 Stargate SG-1 5.10 Wedding SOS 5.35 Wedding SOS
- GOLD**
1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 Yes, Prime Minister 3.00 Only Fools and Horses 3.40 The Brittas Empire 4.20 Whatever Happened to the Likely Lads? 5.00 One Foot in the Grave 5.40 Porridge 6.20 The Good Life 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Yes, Prime Minister 9.00 Only Fools and Horses 9.40 Only Fools and Horses 10.20 Fawlty Towers 11.00 Fawlty Towers 11.45 Two Pints of Lager and a Packet of Crisps 12.25 Early Doors 1.05 The Two Ronnies 1.50 Two Pints of Lager and a Packet of Crisps 2.20 Early Doors 3.00 Close
- TCM**
1.00 Adam's Rib U (1949) 3.00 Rio Rita U (1942) 4.55 The Karate Killers PG (1967) 6.45 Operation Pacific U (1951) 9.00 Gods and Generals 12 (2003) 1.10 You're a Big Boy Now 15 (1967) 3.00 Teleshopping 5.00 Adam's Rib U (1949)
- The Disney Channel**
Kids' programmes from 7am, except: 8.00 Film: Twiches U (2005) Fantasy adventure, starring Tia and Tamera Mowry.

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MOVIES

Sky Movies Drama

- 6.45 The Movie Geek 7.15 Eye of the Dolphin PG (2006) 9.00 Atonement 15 (2007) 11.15 The Other Boleyn Girl 12 (2008) With Natalie Portman. 1.15 36MM 1.45 The Great Gatsby 12 (1974) With Robert Redford. 4.15 The Movie Geek 4.45 Children of the Amazon 12 (2008) Documentary capturing changes in the Amazon rainforest. 6.15 Breaking Away PG (1979) With Dennis Christopher. 8.00 The Jane Austen Book Club 12 (2007) With Kathy Baker. 10.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 12.00 Goodbye Bafana 15 (2007) With Joseph Fiennes. 2.00 Daylight Robbery 15 (2007) With Geoff Bell. 3.45 The Movie Geek 4.15 Sam Churchill: Search for a Homeless Man PG (1998)

Sky Movies Comedy

- 6.00 Will You Merry Me? PG (2008) 7.35 Mumford 15 (1999) 9.30 Reno 911! Miami 15 (2007) 11.00 Death Becomes Her PG (1992) With Meryl Streep. 12.45 Mamma Mia! PG (2008) With Meryl Streep. 2.45

- Forgetting Sarah Marshall 15 (2008) With Jason Segel. 4.45 Superhero Movie 12 (2008) With Drake Bell. 6.15 Death Becomes Her PG (1992) With Meryl Streep. 8.00 Mamma Mia! PG (2008) With Meryl Streep. 10.00 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 12.00 Superhero Movie 12 (2008) With Drake Bell. 1.35 Reno 911! Miami 15 (2007) With Carlos Alazraqui. 3.00 Mumford 15 (1999) With Loren Dean. 4.55 Will You Merry Me? PG (2008)

Sky Movies Action/Thriller

- 6.05 Twilight 15 (1998) 8.00 The Temp 15 (1993) 9.55 Three Kings 15 (1999) 12.05 Vantage Point 12 (2008) With Dennis Quaid. 1.50 Twilight 15 (1998) With Paul Newman. 3.40 Tombstone 15 (1993) With Kurt Russell. 6.00 Category 7: The End of the World 9.00 Vantage Point 12 (2008) With Dennis Quaid. 10.35 Tombstone 15 (1993) With Kurt Russell. 12.50 Mr Brooks 18 (2007) With Kevin Costner. 2.55 The Temp 15 (1993) With Larry Flynn Boyle. 4.35 Point Last Seen PG (1998)

Sky Sports 1

- 6.00 Good Morning Sports Fans 9.00 Football First 10.30 Champions League Weekly 11.00 Spanish Football 1.00 Football First 2.30 Champions League Weekly 3.00 Spanish Football 5.00 Champions League Weekly 5.30 Soccer AM: The Best Bits 6.30 SPL Round-Up 7.00 Netbusters 7.30 Live Football League. Reading v Leicester City (Kick-off 8.00pm). 10.15 Time of Our Lives 11.45 SPL Round-Up 12.15 Soccer AM: The Best Bits 1.15 Football League 2.45 FIFA Futsal Mundial 3.15 Sports Unlimited 4.15 Watersports World 5.15 FIFA Futsal Mundial 5.45 Sky Sports Classics

Sky Sports 2

- 6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 Seamar sailing 7.30 Champions League Weekly 8.00 International Cricket 10.00 Adrenaline Adventures 10.30 Seamar sailing 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL Gameday 1.30 A1 Grand Prix 3.30

- NASCAR 6.00 Thinking Tackle 7.00 NFL Gameday 8.30 Max Power 9.30 Wild Sports 10.00 Poker 11.30 Sailing 12.30 Karting 1.00 Wild Spirits 1.30 Poker 3.00 Sailing 4.00 Show Jumping 5.00 Close

Sky Sports 3

- 8.00 Premiership Years 10.00 WWE: Bottom Line 11.00 WWE: Afterburn 12.00 WWE Vintage Collection 1.00 WWE: Experience 2.00 WWE: Bottom Line 3.00 WWE: Afterburn 4.00 WWE Vintage Collection 5.00 WWE: Raw 7.00 WWE: Smackdown 9.00 WWE: Bragging Rights 12.00 WWE Vintage Collection 1.00 Live WWE: Late Night - Raw. Wrestling action from the States. 3.15 Karing 3.45 Close

British Eurosport

- 7.30 World Rally Championship 8.00 Touring Cars 8.30 World Superbikes 9.30 Motorsports Week 10.00 Alpine Skiing 10.45 WTA Tennis 12.00 Under-17s World Cup Football 1.30 Under-17s World Cup Football 1.30 Live Under-17s World Cup Football. Uruguay v South Korea (Kick-off 3.00pm). 5.00 Eurogoals 5.45 Football 7.15 Eurogoals: One to One 7.30 Drag Racing 8.00 World Superbikes 9.30 MotoGP 11.00 Football 12.30 Table Tennis 1.30 Close

Sky Sports Xtra

- 7.30 Golf Night 9.30 NASCAR 12.00 International Cricket 2.00 Premiership Years 4.00 Golf Night 6.00 Adrenaline Adventures 6.30 Wild Sports 7.00 Sailing 8.00 Angling 9.00 Show Jumping 10.00 Premiership Years 12.00 Thinking Tackle 1.00 Angling 2.00 Premiership Years 4.00 Thinking Tackle 5.00 Close

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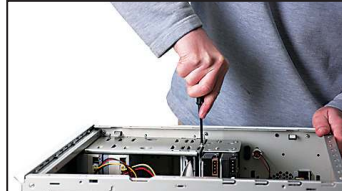
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⁽²⁾ Installation costs €40 per hour, but not available in every area.



ANOTHER
SERVICE
FROM
WORLD
TELECOM



BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Cash in the Attic. (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather: Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: What's New Scooby-Doo? (R) (T) 3.45 Bernard. (R) (T) 3.50 Oogies. (R) (T) 4.05 Raven. (T) 4.35 Blue Peter. (T) MyWish. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz. (T) BBC News: Weather. (T)

6.30 Regional News Programmes: Weather. (T) The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. Denise extends an olive branch to Owen. Syed puzzles over the texts being sent to him, while Ricky tries to cook Sam a romantic meal. Jane tells Ian she is determined to adopt. (T) BBC News: Regional News. (T)

8.00 Holby City. Donna's father's will sends her on a voyage of discovery as she and Maria follow a set of mysterious instructions. Linden tries to work out why Connie, Ric and Faye were suspended. (T)

9.00 Around the World in 80 Days. Countryfile hosts Julia Bradbury and Matt Baker take part in the third leg of the journey, which will see them race from Kazakhstan to China. The duo start well out of the blocks, taking a night train from Almaty to Semei. However, customs police on the Russian border stall their progress, and with their time running dangerously thin, they travel along the Trans-Siberian railway in the hope that they will make their appointment to hand the baton over to newsreader Louise Minchin and Breakfast presenter Bill Turnbull. (T)

10.00 BBC News. (T)

10.25 Regional News: Weather. (T)

10.35 Make Me White. Watchdog presenter Anita Rani examines the skin-lightening business, exposing the dangers of using under-the-counter creams that contain harmful chemicals. (T)

11.15 **Film 2009 with Jonathan Ross.** Jonathan talks to Nick Hornby about his screenplay for *An Education*, and reviews Michael Caine's urban drama *Harry Brown*, crime thriller *Dead Man Running* and animated film 9. (T)

11.45 The Graham Norton Show. The talk-show host presents a mix of comedy monologues, celebrity chat and eccentric characters. (R) (T) Weatherview. (T)

12.35 Sign Zone: See Hear. (R) (T) 1.05 Sign Zone: Last Chance to See. (R) (T) 2.05 Sign Zone: Saving Britain's Past. (R) (T) 2.35 Sign Zone: MasterChef: The Professionals. (R) (T) 3.20 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.45 Mama Mirabelle's Home Movies. (R) (T) 6.55 LazyTown Extra. (R) (T) 7.10 Pingu. (R) (T) 7.15 Postman Pat: SDS. (R) (T) 7.35 Timmy Time. (R) (T) 7.45 Chuggington. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 What's New Scooby-Doo? (R) (T) 8.35 ZombieHotel. (R) (T) 9.00 ChuckleVision. (R) (T) 9.15 ChuckleVision. (R) (T) 9.30 Frankenstein's Cat. (R) (T) 9.40 Frankenstein's Cat. (R) (T) 9.50 League of Super Evil. (R) (T) 10.00 Trapped. (R) (T) 10.30 Sam & Mark's Guide to Dodging Disaster. (R) (T) 10.40 Gastronuts. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Living in the Sun. (R) (T) 3.00 Animal Park. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (R) 4.30 Are You an Egghead? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Ray Mears' Northern Wilderness. The survival expert embarks on a journey through the Canadian wilderness, beginning in boreal forests that are home to a diverse population of animals and plants. (R) (T) 8.00 James May's Toy Stories. New series. The presenter proves the durability of classic children's toys. (T) 9.00 Horizon. Three people with currently untreatable conditions turn to stem cell research. (T) 10.00 Later Live - with Jools Holland. With Maxwell, Stereophonics, Diana Krall, Wild Beasts and the Unthanks. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 The World's Greatest Money Maker: Evan Davis Meets Warren Buffett. (R) (T) 12.20 BBC News. (T) 3.20 Close.

C4

5.55 The Treacle People. (R) (T) 6.05 Sali Mali. (T) 6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.50 Frasier. (R) (T) 8.20 Frasier. Charlotte and Frasier admit their feelings. (R) (T) 8.50 The Track and Field Show. (R) 9.20 Friends. (R) (T) 9.50 FILM: Mighty Joe Young (1998). Family adventure, with Bill Paxton. (T) 12.00 News at Noon. (T) 12.30 Without a Trace. (R) (T) 1.20 FILM: Young Sherlock Holmes (1985). Detective adventure, starring Nicholas Rowe. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Wall. Street artists paint an anonymous wall. (T) 8.00 How to Look Good Naked. Gok Wan helps a woman from Birkenhead who longs for a curvier figure. (T) 9.00 The Force. An experienced detective investigates an arson attack in Portsmouth. Last in the series. (T) 10.00 Bleach, Nip. Tuck: The White Beauty Myth. Part one of two. Documentary examining why many people seek to 'westernise' their bodies, and witnessing a pioneering limb-lengthening surgical procedure. Part of the Race: Science's Last Taboo season. (T) 11.05 Derren Brown: Trick of the Mind. (R) (T) 11.40 The Real Housewives of New Jersey. (T) 12.40 Late Night Poker. 1.40 Freeports on 4 Freeze. (R) (T) 2.30 Freeports on 4 Freeze. (R) (T) 2.55 Freeports on 4. (T) 3.25 Ocean Race. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 The Beeps. (R) (T) 6.40 Big School. (R) (T) 6.50 Peppa Pig. (R) (T) 6.55 Bert and Ernie's Great Adventures. (R) (T) 7.00 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fil and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) Milkshake! Show Songs. (R) (T) 8.40 The WotWots. (T) 8.50 Hana's Helpline. (R) (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Diet Doctors: Inside and Out. (R) (T) 12.40 Five News. (T) 12.50 How to Be a Property Developer. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 Reversible Errors. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Monkey Life. Baby woolly monkey Paulo meets his new family. (R) (T) 7.30 Five News Update. (T) 8.00 Nature Shock. The mysterious deaths of five elephants near a Bengali village in 2007. (T) 8.00 Five News at 9. 9.00 CSI: Miami. A flight attendant is found dead at an airport. (T) 10.00 CSI: NY. The wife of a former CSI is found dead in a motel room and the team discovers that heroin traces on her clothes were extracted from human bodies. Ashlee Simpson-Wentz guest stars. (R) (T) Five News Update. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 The FBI Files. (R) (T) 12.55 SuperCasino. 3.00 US PGA Golf. 3.50 V8 Supercars. 4.40 Boxing Classic. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsummer Murders. (R) (T)

5.00 Britain's Best Dish. Food critics Charles Campion, Mary Cadogan and William Sitwell judge dishes by the winning main course cooks at a Hackney catering college before two reach Thursday's semi-final. (T)

6.00 London Tonight: Weather. (T)

6.30 ITV Evening News: Weather. (T)

7.00 Emmerdale. A badly bruised Sally suggests to Ashley and Laurel that Vincent is behind her injuries, and Carl makes plans after receiving a tour of the warehouse containing Cain's money. (T)

7.30 Grimefighters. A pest controller relishes the chance to tackle a Dagenham rat infestation, and a raid on a run-down bric-a-brac business in Grimsby reveals a little shop of horrors. Enforcement officers confront an unlicensed food vendor in London's West End, while a trip to the river reveals an unexpected find on the Tyne. Narrated by John Sergeant. (T)

8.00 Who Wants to Be a Millionaire? Chris Tarrant hosts the big-prize quiz, inviting another line-up of contestants to answer questions that could change their lives. (T)

9.00 7 Days on the Breadline. As Mel B, Austin Healey, Trinny Woodall and Keith Allen enter the third day of their adoptive families, they struggle to make an impact on the council tenants' lives and are forced to reassess their approach. Trinny tries to convince pensioner Christine there is more to life than gambling, while Keith realises the situation is not as easy as he thought when he meets with the council to discuss rehousing. Narrated by Anna Friel. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Dishing the Dirt. An insight into what really goes on behind closed doors in restaurants and takeaways as Britain's food industry comes under the spotlight. (T)

11.30 In Plain Sight. Mary and Marshall investigate a new witness they suspect may be responsible for a number of murders and the stabbing of one of Mary's friends. Drama, guest starring Laura Prepon and Todd Louiso, with Mary McCormack and Frederick Weller. (T)

12.25 Premiership Rugby Union. (R) ITV News Headlines. 1.15 Loose Women. (R) 2.05 The Jeremy Kyle Show. (R) (T) 2.55 ITV Nightscreen.

LOCAL Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamus da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Prepço Certo 2000 News 2100 30 Minutos 2130 Telelural 2200 Jogo Duplo 2300 Serviço de Saúde 0000 Football 0100 Liga dos Últimos 0145 The Unit, series 0230 Saved, series 0315 Amor e Intrigas 0415 Telesales 0605 Nôs

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 ArquitectArte 1945 Zig Zag 2045 Gary Unmarried, series 2115 National Geographic 2200 News 2240 Grey's Anatomy, series 2330 Bairro Alto 0030 Noites da Dois 0130 Universidades 0200 Câmara Clara 0310 Euronews 0500 Sociedade Civil

SIC

0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nôs Por Cá 2000 News 2130 M/F: Sãrinhos em Casa 2300 Viver a Vida 0030 CSI: Miami, series 0130 NCIS, series 0230 Quando o Telefone Toca

TVI

0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2115 Meu Amor 2215 Deixa Que Te Leve 2300 Sentimentos 2345 Flor do Mar 0030 Show Burn, film 0230 Sempre a Somar 0400 NCIS, series 0530 Telesales

BBC3

7.00 Doctor Who 8.05 Doctor Who Confidential 8.30 Bizarre Animal ER 9.00 Don't Tell the Bride 10.00 EastEnders 10.30 Don't Get Screwed 11.00 Family Guy 11.20 Family Guy 11.45 Don't Tell the Bride 12.45 The World's Strictest Parents 1.40 Don't Get Screwed 2.10 Bizarre Animal ER 2.40 Bizarre ER 3.10 The World's Strictest Parents 4.10 Kids with Maches - Stacey Dooley Investigates 5.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Tales from the Green Valley 8.00 Life 9.00 Ghosts in the Machine 10.00 It's Only a Theory 10.30 Film: Exiled 15 (2006) 12.15 Ghosts in the Machine 1.15 Storyville: Men in the City 2.15 It's Only a Theory 2.45 Ghosts in the Machine 3.45 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Gossip Girl 8.00 Peter Andre: The Next Chapter 9.00 Film: Ocean's Eleven 12 (2001) 11.20 Film: The Saint 12 (1997) 1.35 Emmerdale 2.00 American Princess 2.50 Teleshopping 3.20 The Montel Williams Show 4.00 ITV2 Nightscreen

The Portugal News has its distribution figures officially audited. Call 707 500 677 for details.



MOVIES

Sky Movies Drama

6.00 The Girl Next Door 15 (1998) 7.40 A-Z of Indie 8.00 Pictures of Hollis Woods PG (2007) 9.45 Joan of Arc 15 (1999) 12.30 Imaginary Playmate 12 (2006) With Dina Meyer. 2.15 Daisy Miller U (1974) With Cybill Shepherd. 4.00 In the Land of Women 12 (2007) With Adam Brody. 5.45 The Preacher's Wife U (1996) With Whitney Houston. 8.00 Georgia Rule 15 (2007) With Jane Fonda. 10.00 21 (2008) With Kevin Spacey. 12.10 Happiness 18 (1998) With Philip Seymour Hoffman. 2.35 In the Name of the Father 15 (1993) With Daniel Day-Lewis. 4.50 The Patron Saint of Liars PG (1997)

Sky Movies Comedy

6.30 35MM 7.00 Romancing the Stone PG (1984) 8.50 Ghost Dad PG (1990) 10.20 Family Show 10.45 Sex and the City 15 (2008) 1.15 What Happens in Vegas 12 (2008) With Cameron Diaz. 3.00 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 5.00 Stop! Or My Mom Will Shoot PG

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(1992) With Sylvester Stallone. 6.30 Ghost Dad PG (1990) With Bill Cosby. 8.00 Sex and the City 15 (2008) With Sarah Jessica Parker. 10.30 What Happens in Vegas 12 (2008) With Cameron Diaz. 12.15 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 2.15 Romancing the Stone PG (1984) With Kathleen Turner. 4.15 Leap of Faith PG (1992)

Sky Movies Action/Thriller

6.20 Web of Lies PG (1999) 7.55 Gone in 60 Seconds 15 (2000) 10.05 Airport 1975 PG (1974) 12.05 Rush Hour 3 12 (2007) With Jackie Chan. 1.50 Chaos 15 (2005) With Jason Statham. 3.50 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 5.50 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 8.00 Rush Hour 3 12 (2007) With Jackie Chan. 9.40 The Top 10 Show 10.00 Chaos 15 (2005) With Jason Statham. 12.00 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 2.30 Sleepers 18 (1996) With Brad Pitt. 5.00 Fantastic Mr Fox Special 5.30 Airport 1975 PG (1974)

QUICK PROPERTY SEARCH

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Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Netbusters 9.30 Football League 11.00 Soccer AM: The Best Bits 12.00 SPL Round-Up 12.30 Football League 2.00 Soccer AM: The Best Bits 3.00 Netbusters 3.30 Football League 5.00 Netbusters 5.30 Football Asia 6.00 A-League 6.30 Revista De La Liga 7.30 Soccer Special 10.00 Revista De La Liga 11.00 Football Asia 11.30 A-League 12.00 Carling Cup Football 1.30 Revista De La Liga 2.30 Football Asia 3.00 A-League 3.30 Carling Cup Football 5.00 A-League 5.30 Football Asia

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 Thinking Tackle 8.00 Angling 9.00 Polocrosse 9.30 Wild Spirits 10.00 Poker 11.30 Karting 12.00 Thinking Tackle 1.00 Poker 2.30 Wild Spirits 3.00 Sailing 4.00 Karting 4.30 Poker 6.00 Karting 6.30 Pool 7.30 Live Carling Cup Football. Barnsley v Manchester United (Kick-off 7.45pm). 10.00 Poker Million 12.00 Challenge Series Golf 12.30 Bowls 2.30 Sports Unlimited 3.30 Challenge Series Golf 4.00 Close

Sky Sports 3

8.00 Premiership Years 10.00 Sailing 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Show Jumping 1.00 Sailing 2.00 Adrenaline Adventures 2.30 Polocrosse 3.00 Angling 4.00 Thinking Tackle 5.00 NFL: Total Access 6.00 Wild Spirits 6.30 Challenge Series Golf 7.00 Sailing

SPORT

7.30 Live Greyhound Racing. The William Hill St Leger Final. 10.00 Sports Unlimited 11.00 NFL: Total Access 12.00 Pool 1.00 Show Jumping 2.00 Close

British Eurosport

7.35 WATTS 7.45 Eurogoals 8.30 Under-17s World Cup Football 9.30 Under-17s World Cup Football 11.00 Under-17s World Cup Football 12.30 Football 2.00 WTA Tennis 2.05 Live WTA Tennis. Day one of the WTA Tour Championship. 5.30 Eurogoals Flash 5.40 Live WTA Tennis. Day one of the WTA Tour Championship. 7.15 WTA Tennis 7.30 WTA Tennis 9.00 Under-17s World Cup Football 10.00 Freeride Spirit Show 10.15 World Rally Championship 11.15 World Series by Renault 11.45 Eurogoals 12.30 Close

Sky Sports Xtra

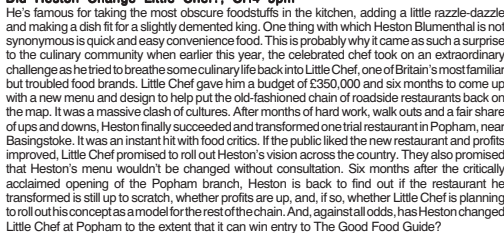
2.00 Premiership Years 4.00 Adrenaline Adventures 4.30 Seamerstar Sailing 5.00 Sports Unlimited 6.00 Aerobics Oz Style 6.30 Polocrosse 7.00 Bowls 9.00 Adrenaline Adventures 9.30 Polocrosse 10.00 Premiership Years 12.00 Polocrosse 12.30 Sailing 1.00 Seamerstar Sailing 1.30 Karting 2.00 Premiership Years 4.00 Close

All the latest at



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Pick of the Day



C4

FIVE

11.55 FILM: A Guide to Recognising Your Saints (2006). Autobiographical drama, starring Robert Downey Jr; (T) Weatherview. (T)
1.35 Sign Zone: Gandhi. (R) (T) 2.35 Sign Zone: Country Tracks. (R) (T) 3.30 Sign Zone: MasterChef: The Professionals. (R) (T) 4.15 BBC News. (T)

15 The Heebies (R) 6.40 Planet Cook. (R)
16 7.00 Freshly Squeezed. 7.25 Everybody
Loves Raymond. (R) 7.55 Frasier. (R)
8.25 Frasier. (R) 9.00 The Tracey and Field
Show. (R) 9.30 Friends. (R) 10.00
FILM: The Water Babies (1978). Children's
adventure, starring James Mason. (T) 11.45
Science Scams. (R) 12.00 News at Noon.
(T) 12.30 Without a Trace. (R) 1.20 FILM:
Bogus (1996). Comedy, starring Whoopi
Goldberg. (T) 3.25 Countdown. (R) 4.10 Deal
or No Deal. (T) 5.00 The Paul O'Grady Show.
(T) 6.00 The Simpsons. (R) 6.30 Hollywood.
(T) 7.00 Channel 4 News. (T) 7.55 3 Minutes
Wonder: The Wall. Blek Le Rat paints a wall.
(T) 8.00 Ruth Watson's Hotel Rescue. The
hospitality expert visits Margate to help two
property developers who have taken on the
project of regenerating a bed and breakfast
and turning it into luxury accommodation. (T)
9.00 Did Heston Change Little White Chicks?
Science. Blurred science. Scientists plan to riv-
etate Little White Chicks. (T) 10.00 The
one of Merlotte's barmaids is murdered. Jason
is the prime suspect. However, Tara provides
him with an alibi and Sookie sets out to prove
his innocence with the help of Bill. (T) 11.15
Generation Kill. (T) 12.35 4Music: Wilco: Ashes
of American Flags. (R) 1.05 4Music: The
World's Greatest Pop Star: Take That. (R) 2.00
4Music: This Week's 4Music Top 20. (T)
3.50 Invasion. (R) 4.30 St Elsewhere. (R)
5.20 Countdown. (R) (T)

(R) - repeat programme;
(T) - programme w/ teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

0.00 Milkshake: Fremen Star (R) (T) 6.10
 Pocoyo. (R) (T) 6.15 The Adventures of Bello
 Top Bill and His Best Friend Corky. (R) (T) 6.30
 The Beeps. (R) (T) 6.40 Big School. (R) (T) 6.50
 6.55 Peppa Pig. (R) (T) 6.55 Bert and Ernie's
 Great Adventures. (R) (T) 7.00 Little Princess
 (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30
 Roary the Racing Car. (R) (T) 7.45 Make Way
 for Noddy. (R) (T) 8.00 Fill and the Fireworks
 (R) (T) 8.15 The Fire Engine. (R) 8.30
 The Frantics. (R) (T) 8.40 The Singing Songs. (R)
 (T) 8.40 The WotWots. (T) 8.50 Hannah's Helpline
 (R) (T) 9.05 Family! (T) 9.15 The Wight Shift
 (T) 10.45 Trisha Goddard. (R) (T) 11.45 Die
 Doctors: Inside and Out. (R) (T) 12.40 Five
 News. (T) 12.50 How to Be a Property Value
 expert. (R) (T) 1.45 Neighbours. (T) 2.15 Home
 and Away. (T) 2.50 I Own Britain's Best Home
 Flying Visits. (R) (T) 3.00 The Family Recipe
 (R) (T) 3.10 FILM: Mystery Woman: Sing Me
 a Murder (2005). Crime drama, starring Kelly
 Martin. (T) 5.00 Five News with Natasha
 and Michael. (T) 5.30 The Five News. (T)
 (T) 6.00 Home and Away. (R) (T) 6.25 Live
 Studio Five. (T) 7.30 Highland Emergency. ar
 RAF crew battles high winds to rescue an
 injured climber. (R) (T) 7.30 Five News Update
 (T) 8.00 Britain's Best Brain. Newsseries. Game
 show presented by Zoe Ball and Jamie
 Theakston. (T) 8.00 Five News at 9. (R) (T) 9.00
 Collateral Damage (2002). A firefighter looks
 for revenge when his wife and child die in a
 terrorist attack. Action thriller, starring Arnold
 Schwarzenegger and Francesca Neri. Includ
 (R) (T) 12.10 POK. (T) 1.35 SuperCano
 3.00 Summer X Games. 3.55 Grand American
 Racing. 4.45 Challenge Tour Golf. 5.10 Neigh
 bours. (R) (T) 5.35 Home and Away. (T) 6.00

12.30 Nightwatch with Steve Scott: Emergency; (R)
(T) ITV News Headlines. 1.20 Loose Women. (R) 2.10
The Jeremy Kyle Show. (R) (T) 3.05 Make Me an
Apprentice: Tonight. (R) 3.30 ITV Nightscreen.

Best of the Rest

MOVIES

SPORT

TCM
 1.00 Ride the High Country PG (1962)
 3.00 The In-Laws PG (1979)
 5.00 The Train Robbers U (1973)
 6.50 The Stalking Moon PG (1968)
 9.00 The World According to Garp 15 (1982)
 11.35 Diner 15 (1982)
 1.35 Overnight Delivery 15 (1996)
 3.00 Teleshopping 5.00 Ride the High Country PG (1962)

The Disney Channel
 Kids' programmes from 7am, except:
 8.00 Film: Twitches Too PG (2007)
 Fantasy adventure sequel, starring Tia and Tamera Mowry.

6.10 The Out-of-Towners 12 (1999)
7.45 Fantastic Mr Fox Special 8.15
Fletch PG (1985) 10.00 Surf's Up
PG (2007) 11.30 Fool's Gold 12
(2008) With Matthew
McConaughey. 1.30 Police
Academy II: Their First Assignment
15 (1985) With Steve Guttenberg.
3.05 Police Academy 4: Citizens on

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6.00 Aerobics 02 Style 6.30 Aerobics
League 7.00 Challenge Series Golf
7.30 Football Asia 8.00 Sailing 8.30
A-League 9.00 Polocrosse 9.30
Carling Cup Football 11.00 A-League
League 11.30 Revista De La Liga
12.30 Carling Cup Football 2.00 A-League
League 2.30 Football Asia 3.00 A-League
Revista De La Liga 4.00 Carling Cup
Football 5.30 Football Asia 6.00 A-League
Adrenaline Adventures 6.30 FIFA
Futbol Mundial 7.00 Golf 8.00
International Cricket 10.00
Transworld Sport 11.00 NFL: Total
Access 12.00 International Cricket

7.00 Pool 8.00 Premiership Years
10.00 Poker Million 12.00 Bowls
2.00 Adrenaline Adventures 2.30
Polcrosse 3.00 Sports Unlimited
4.00 Pool 5.00 Watersports World
6.00 Summer Speed Motorsport
7.00 Total Rugby 7.30 Transworld
Sport 8.30 European Tour Weekly
9.00 Golf 10.00 DTM Motor Racing
11.00 Total Rugby 11.30 European
Tour Weekly 12.00 Golf 1.00 Ter
Pin Bowling 2.00 DTM Motor Racing
3.00 F3 Euroseries 4.00 Close

8.00 Bowls 10.00 Pool 11.00
Racing News 11.30 Aerobics Oz
Style 12.00 Adrenaline
Adventures 12.30 Challenge
Series Golf 1.00 Polocrosse 1.30
Sailing 2.00 Premiership Years
4.00 Adrenaline Adventures 4.30
Aerobics Oz Style 5.00 DTM
Motor Racing 6.00 Aerobics Oz
Style 6.30 Polocrosse 7.00 DTM
Motor Racing 8.00 F3 Euroseries
9.00 Ten Pin Bowling 10.00
Premiership Years 12.00
Polocrosse 12.30 Watersports
World 1.30 Adrenaline Adventures
2.00 FIFA Futbol Mundial 2.30
Close



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6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.35 Eliot Kid. (R) (T) 3.50 Oogies. (R) (T) 4.05 Raven. (T) 4.35 The Sarah Jane Adventures. (T) 5.00 Newsround. (T) (R) (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (R) (T)

6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Archie encourages Jack to seduce Sam as he continues his efforts to undermine the Mitchells, while Janine and Ryan set each other a challenge of their own. Christian persuades Syed to call his blackmailers bluff after he receives a text demanding #300, and Libby thanks Denise for giving Owen a chance; (T) BBC News; Regional News. (T)

8.00 Watchdog. Investigation show that exposes poor business practices and campaigns on behalf of the public. Matt Allwright catches out more Rogue Traders, while Anne Robinson and Anita Rani test a guest reporter's knowledge of consumers' rights. (T)

9.00 New Tricks. The team investigates the death of a man originally thought to have been killed by his hypnotised wife. Brian confronts the magician named in a tip-off and becomes embroiled in a battle of wits, while Gerry, sceptical of the phenomenon, agrees to put under the spell of an expert at the Magic Circle - with disturbing results. Sam Kelly and Kevin Eldon guest star. (R) (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Question Time. (T) 11.35 This Week; (T) Holiday Weatherview. (T) 12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Life. (R) (T) 1.55 Sign Zone: Countryfile. (R) (T) 2.50 Sign Zone: MasterChef: The Professionals. (R) (T) 3.35 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.45 Mama Mirabelle's Home Movies. (R) (T) 6.55 LazyTown Extra. (R) (T) 7.10 Pingu. (R) 7.15 Postman Pat: SDS. (R) (T) 7.35 Timmy Time. (R) (T) 7.45 Chuggington. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 What's New Scooby-Doo? (R) (T) 8.35 Zombie Hotel. (R) (T) 9.00 The Slammer. (R) (T) 9.30 Frankenstein's Cat. (R) (T) 9.40 Frankenstein's Cat. (R) (T) 9.50 League of Super Evil. (R) (T) 10.00 Trapped. (R) (T) 10.30 Sam & Mark's Guide to Dodging Disaster. (R) (T) 10.40 Gastronuts. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Living in the Sun. (R) (T) 2.30 Animal Park. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (R) (T) 4.30 Are You an Egg-head? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 The Culture Show. Lauren Laverne presents from the Glasgow School of Art, which is celebrating the centenary of its building's opening, and Matt Collings visits the Van Gogh Museum in Amsterdam. (R) (T) 8.00 The Restaurant. New series. Couples compete to open their own restaurant. (T) 9.00 Defying Gravity. Ted breaks down after his visit to Pod 4. (T) 9.45 Wonderland: The British in Bed. Documentary series examining unusual areas of ordinary life. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Paul Merton Looks at Alfred Hitchcock. (R) (T) 12.20 FILM: The 39 Steps (1935). Alfred Hitchcock's thriller, starring Robert Donat. (T) (bw) 1.45 BBC News. (T) 3.35 Close.

Pick of the Day

The Culture Show, BBC2 7pm

It's a jam-packed edition of the arts magazine programme this week as Lauren Laverne heads to The Glasgow School of Art, which is celebrating the 100th anniversary of the building being opened. Some of the school's best-known graduates, including Muriel Gray, Peter Howson and David Shrigley are among those who offer their contributions to the story behind Charles Rennie Mackintosh's acclaimed building, and the influence the school has had on British culture over the years. Also, critic Matt Collings visits the Van Gogh Museum in Amsterdam to view an exhibition that includes some of the artist's rarely seen letters, alongside his most acclaimed paintings, drawings and sketches. At the National Gallery, Andrew Graham-Dixon reviews the Sacred Made Real, an exhibition of religious art from the Spanish Golden Age, and journalist Matthew d'Ancona talks to Harold Evans, former editor of the Sunday Times, about his career in print as his new autobiography, My Paper Chase - True Stories Of Vanished Times, hits the shelves. Meanwhile, Mark Kermode and Simon Mayo look ahead to Saturday by talking over the pros and cons of Hallows'en-themed movies, including Donnie Darko, The Nightmare Before Christmas and ET.

C4

6.05 The Treacle People. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.25 Frasier. (R) (T) 9.00 The Track and Field Show. (R) 9.30 FILM: The Rugrats Movie (1999). Animated adventure, with the voice of Elizabeth Daily. (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: The Estate. (R) (T) 12.35 Without a Trace. (R) (T) 1.20 FILM: Project X (1987). Comedy drama, starring Matthew Broderick. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Wall. Street artist Pure Evil reveals his motives. Last in the series. (T) 8.00 Location, Location, Location. Searching for properties near Exeter. (R) (T) 9.00 Katie: My Beautiful Face. The victim of a vicious acid attack tells her story. (T) 10.00 The Event: How Racist Are You? A former teacher re-creates an exercise to demonstrate bigotry. (T) 11.00 Without a Trace. (T) 12.00 4Music: Muse: Video Exclusive. 12.05 Teachers. (R) (T) 1.10 FILM: Election (2005). Premiere. Crime thriller, starring Simon Yam. 2.50 Supporting Acts. (R) (T) 3.05 The Force. An experienced detective investigates an arson attack in Portsmouth. Last in the series. (R) (T) 4.00 Unreported World. (R) (T) 4.25 Dispatches: Do You Know What's in Your Breakfast? (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 The Beeps. (R) (T) 6.40 Big School. (R) (T) 6.50 Peppa Pig. (R) (T) 6.55 Bert and Ernie's Great Adventures. (R) (T) 7.00 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotVots. (R) 8.50 Hana's Helpline. (R) (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Diet Doctors: Inside and Out. (R) (T) 12.40 Five News. (T) 12.50 How to Be a Property Developer. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Own Britain's Best Home: Flying Visits. (R) (T) 3.05 FILM: Surviving Love (2003). Romantic comedy, starring Ted Danson and Mary Steenburgen. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Building the Ultimate. Submarine design; (R) (T) 7.30 Five News Update. 8.00 Big, Bigger, Biggest. The Large Binocular Telescope in Arizona. Last in the series; (T) 8.00 Five News at 9.00 Vice Squad. The work of the Metropolitan Police Vice Unit. (T) 10.00 FILM: Double Team (1997). A former CIA agent teams up with an arms dealer to rescue his pregnant wife. Action adventure, starring Jean-Claude Van Damme and Dennis Rodman. Including Five News Update. (T) 11.50 The Sexy Ads Show. (T) 12.15 SuperCasino. 4.00 NFL Replay. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 1.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsummer Murders. (R) (T)

5.00 Britain's Best Dish. Before their final test, the six remaining contenders are giving a cookery masterclass by Ed Baines and John Burton Race. The two competitors in each of the three categories then go head to head, before the judges choose the starter, main course and dessert to go through to tomorrow's grand final. (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Charity catches Carl breaking into Cain's home, Edna finds herself stuck in the crossfire between Sally and Vincent, and Leyla is reluctant to attend the Sharma's party. (T)

7.30 Countrywise. Paul Heiney visits Witley Court in Worcestershire - once one of the great stately homes of England, but destroyed by fire more than 70 years ago. (T)

8.00 Emmerdale. Charity reconsiders Carl's offer when Cain bellittes her in the Woolpack, and Vincent is blamed for throwing a brick through Edna's window. (T)

8.30 Coronation Street. Tony's arrangements to join Maria in Cyprus seem in place, but the stress of his lies begins to tell. Michelle calls the police when she catches Jake the builder on her roof again. (T)

9.00 The Bill. Smithy holds a public meeting, hoping to gain the trust and cooperation of hostile residents on the Manley Road estate, who are being terrorised by drug dealers. A plucky shopkeeper takes matters into her own hands to halt the reign of fear, only to find her daughter suffers a backlash from the gang. At the end of a tiring day, Tony Stamp stuns the inspector with unexpected news. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Piers Morgan's Life Stories: Katherine Jenkins. The Welsh classical singer talks to Piers about her eating disorder, the drugs scandal that could have wrecked her career, and the death of her father. Dubbed a modern-day Vera Lynn for her many performances in Iraq and Afghanistan for British troops, Katherine Jenkins' singing career has also seen her win two consecutive Classical Brit Awards and sell millions of albums around the world. (R) (T)

11.35 The Late Debate. 12.05 Surface. (T) 12.25 Motorsport UK; (T) ITV News Headlines. 1.45 The Cosby Mysteries. (R) (T) 2.35 Loose Women. (R) 3.25 ITV Nightscreen.

LOCAL

Best of the Rest

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Grande Entrevista 2140 Um Lugar Para Viver 2230 Jogo Duplo 2330 Corredor do Poder 0030 Quarto Crescente 0130 Saved, series 0215 Amor e Intrigas 0400 Telesales 0605 Nôs
RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 2000 Zig Zag 2045 Gary Unmarried, series 2115 National Geographic 2200 News 2240 Supernatural, series 2330 Afghan Star 0030 Noites da Dois 0130 Iniciativa 0215 Euroneos 0500 Sociedade Civil
SIC
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia da Manhã 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraiso 1900 Nôs Por Cá 2000 News 2130 M/F: Sãnhos em Casa 2300 Viver a Vida 0045 CSI: Miami, series 0145 Cartaz Cultural 0230 Quando o Telefone Toca
TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2115 Meu Amor 2215 Deixa Que Te Leve 2300 Sentimentos 2345 Flor do Mar 0045 Castle, series 0200 Cartaz das Artes 0230 Sempre a Somar 0400 NCIS, series 0530 Telesales

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Teleshopping 3.25 The Montel Williams Show 4.05 Teleshopping 5.35 ITV2 Nightscreen

Sky1
1.00 Project Runway 2.00 Bones 3.00 Cold Case 4.00 Brainiac: Science Abuse 5.00 Futurama 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Modern Family 8.30 The Simpsons 9.00 Bones 10.00 Lie to Me 11.00 Modern Family 11.30 NCIS: Los Angeles 12.30 NCIS: Los Angeles 1.30 Road Wars 2.50 A Town Called Eureka 3.25 Stargate SG-1 4.15 Don't Forget the Lyrics 5.10 Wedding SOS 5.35 Wedding SOS

GOLD
1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 Yes, Prime Minister 3.00 The Vicar of Dibley 3.40 The Brittas Empire 4.20 Whatever Happened to the Likely Lads? 5.00 One Foot in the Grave 5.40 Porridge 6.20 The Good Life 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Yes, Prime Minister 9.00 The Vicar of Dibley 9.40 The Vicar of Dibley 10.20 Absolutely Fabulous 11.00 Smack the Pony 11.35 Smack the Pony 12.10 Early Doors 12.50 Absolutely Fabulous 1.30 Smack the Pony 2.05 Smack the Pony 2.30 Early Doors 3.00 Close

TCM
1.00 Elvis: That's the Way It Is PG (1970) 3.00 How the West Was Won PG (1962) 6.00 Gypsy PG (1962) 9.00 Heist 15 (2001) 11.05 Surviving Picasso 15 (1996) 1.15 Heist 15 (2001) 3.00 Teleshopping 5.00 Elvis: That's the Way It Is PG (1970)

The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: Return to Halloweentown PG (2006) Fantasy adventure sequel, starring Sara Paxton.

MOVIES

Sky Movies Drama

6.00 The Trench 15 (1999) 7.45 To Be Fat Like Me PG (2007) 9.25 The Legend of 1900 15 (1998) 11.35 The Neighbor 12 (2008) With Matthew Modine. 1.20 Brighton Beach Memoirs 15 (1986) With Blythe Danner. 3.15 Phoebe in Wonderland PG (2008) With Elle Fanning. 5.00 Innocent Moves PG (1993) With Joe Mantegna. 7.00 Deception 15 (2008) With Hugh Jackman. 9.00 Almost Famous 15 (2000) With Patrick Fugit. 11.45 Killer: A Journal of Murder 18 (1995) With James Woods. 1.30 Slap Shot 18 (1977) With Paul Newman. 3.40 A-Z of India 4.00 Redemption of the Ghost PG (2001)

Sky Movies Comedy

6.10 Paperback Hero 15 (1998) 7.55 Leave it to Beaver PG (1997) 9.30 K-9 12 (1989) 11.20 Fantastic Mr Fox Special 11.50 Mr Woodcock 12 (2007) With Billy Bob Thornton. 1.25 Meet Dave PG (2008) With Eddie Murphy. 3.00 St Trinian's 12 (2007) With Rupert Everett. 4.45 Blue Streak 12 (1999) With Martin Lawrence. 6.25 Mr Woodcock 12 (2007) With Billy Bob Thornton. 8.00 Meet Dave PG (2008) With Eddie Murphy. 9.35 St Trinian's 12 (2007) With Rupert Everett. 11.20 K-9 12 (1989) With James Belushi. 1.05 Blue Streak 12 (1999) With Martin Lawrence. 2.45 Paperback Hero 15 (1998) With Hugh Jackman. 4.25 Leave it to Beaver PG (1997)

6.35 The Return of the Musketeers PG (1989) 8.35 The Scorpion King 2: Rise of a Warrior 12 (2008) 10.35 Unforgettable 15 (1996) 12.35 Three Kings 15 (1999) With George Clooney. 2.35 The Scorpion King 2: Rise of a Warrior 12 (2008) With Michael Copon. 4.30 Street Kings 15 (2008) With Keanu Reeves. 6.25 The Dark Knight 12 (2008) With Christian Bale. 9.00 Road House 18 (1989) With Patrick Swayze. 11.00 Street Kings 15 (2008) With Keanu Reeves. 12.55 Death Sentence 18 (2007) With Kevin Bacon. 2.45 Unforgettable 15 (1996) With Ray Liotta. 4.45 The Return of the Musketeers PG (1989)

Sky Movies Action/Thriller

6.35 The Return of the Musketeers PG (1989) 8.35 The Scorpion King 2: Rise of a Warrior 12 (2008) 10.35 Unforgettable 15 (1996) 12.35 Three Kings 15 (1999) With George Clooney. 2.35 The Scorpion King 2: Rise of a Warrior 12 (2008) With Michael Copon. 4.30 Street Kings 15 (2008) With Keanu Reeves. 6.25 The Dark Knight 12 (2008) With Christian Bale. 9.00 Road House 18 (1989) With Patrick Swayze. 11.00 Street Kings 15 (2008) With Keanu Reeves. 12.55 Death Sentence 18 (2007) With Kevin Bacon. 2.45 Unforgettable 15 (1996) With Ray Liotta. 4.45 The Return of the Musketeers PG (1989)



WE'RE IN GOOD COMPANY! Like all the top publications in Portugal, we are precise about our circulation figures because they are officially audited. See page 2 for our exact print run this week.

SPORT

Sky Sports 1

6.00 Live European Tour Golf. The Singapore Open. 9.00 Live World Match Play Championship Golf. Day one at the Finca Cortesin Golf Club in Spain. 12.00 FIFA Futbol Mundial 12.30 Carling Cup Football 2.00 Live World Match Play Championship Golf. Day one at the Finca Cortesin Golf Club in Casares, Spain. 5.00 NFL: Total Access 6.00 Premier League World 6.30 Carling Cup Football 7.30 Live Victory Shield Football. Wales v Scotland (Kick-off 7.40pm). 9.30 Carling Cup Football 10.30 Time of Our Lives 11.30 Premier League World 12.00 Carling Cup Football 1.00 Premier League World 1.30 Victory Shield Football 3.30 Time of Our Lives 4.30 Premier League World 5.00 Live European Tour Golf. The Singapore Open.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Polocrosse 9.30 FIFA Futbol Mundial 10.00 Carling Cup Football 11.30 Total Rugby 12.00 DTM Motor Racing 1.00 Polocrosse 1.30 Total Rugby 2.00 F3 Euroseries 3.00 FIFA Futbol Mundial 3.30 Carling Cup Football 5.00 Transworld Sport 6.00 ATP Tour Uncovered 6.30 The Rugby Club 7.30 Golf Night 10.00 Live Poker. Coverage of the online Sky Poker Bounty Hunter tournament. 12.00 NFL: Total Access 1.00 The Rugby Club 2.00 ATP Tour Uncovered 2.30 Golf Night 5.00 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Aerobics 6.50 Premier League 7.00 F3 Euroseries 8.00 Premier League 8.30 Summer Speed Motorsport

11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 Ten Pin Bowling 2.00 Adrenaline Adventures 2.30 Polocrosse 3.00 Watersports World 4.00 Ten Pin Bowling 5.00 DTM Motor Racing 6.00 Adrenaline Adventures 6.30 FIA GT Championship 7.30 Live Premier League Snooker. Round seven from the Preston Guild Hall. 11.00 WWE: Late Night - Raw 1.00 Extreme Championship Wrestling 2.00 Premier League Snooker 5.30 Close

British Eurosport

7.30 Eurosport for the Planet 8.00 WTA Tennis 9.15 WTA Tennis 9.30 Under-17s World Cup Football 10.30 Under-17s World Cup Football 11.30 Under-17s World Cup Football 12.00 WTA Tennis 2.05 Live WTA Tennis. The WTA Tour Championship. 5.30 Eurogoals Flash 5.40 Live WTA Tennis. Day three of the WTA Tour Championship. 7.15 WTA Tennis 7.30 WTA Tennis 9.00 Under-17s World Cup Football 12.00 World Series by Renault 12.30 Close

Sky Sports Xtra

11.00 International Cricket 1.00 Summer Speed Motorsport 2.00 Premier League 2.00 Adrenaline Adventures 4.30 Aerobics Oz Style 5.00 Total Rugby 5.30 FIFA Futbol Mundial 6.00 Powerboating 6.30 Polocrosse 7.00 Show Jumping 8.00 Total Rugby 9.00 Race World 10.00 Premier League Years 12.00 Polocrosse 12.30 FIA GT Championship 1.30 Adrenaline Adventures 2.00 Powerboating 2.30 Race World 3.30 Show Jumping 4.30 Close

BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Cash in the Attic. (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather: Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.35 Eliot Kid. (R) (T) 3.50 Ooglies. (R) (T) 4.05 Keep Your Enemies Close. (T) **4.35 The Sarah Jane Adventures.** (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (R) (T)

6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)
7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T) BBC News: Regional News. (T)

8.00 EastEnders. Shirley discovers the identity of baby George's father, while Lucas and Owen look home after a family meal. Jack tries to pull out of Archie's scheme, but struggles to resist Sam. (T)

8.30 A Question of Sport. With England cricketer Ryan Sidebottom, Aston Villa defender Curtis Davies, British & Irish Lions rugby union winger Ugo Monye and Olympic 400m champion Christine Ohuruogu. (T)

9.00 Have I Got News for You. Comedian Miranda Hart takes to the presenter's chair as columnist Mark Steel joins regular team captains Ian Hislop and Paul Merton for the satirical current affairs quiz. (T)

9.30 The Armstrong & Miller Show. The World War Two pilots are annoyed that people have been talking about them behind their backs. Divorced Dad offers his son advice and Jilted Jim plays travel boggle. (T)

10.00 BBC News. (T)
10.25 Regional News: Weather. (T)
10.35 Friday Night with Jonathan Ross. The presenter is joined by veteran actor Christopher Walken, who has enjoyed a successful Hollywood career including an Oscar-winning performance in The Deer Hunter and will be talking about his latest film The Maiden Heist, a comedy in which he stars alongside Morgan Freeman. The host also welcomes comedian Dara O'Briain, who fronts comedy quiz Mock the Week, and young English actor Dominic Cooper, best known for his role in the film version of musical Mamma Mia! Music is provided by Green Day, and guest house band the Stylistics. (T)

11.35 The National Lottery EuroMillions Draw. Carole Machin presents the draw. (T)

11.40 FILM: The Dark (2005). Horror, starring Maria Bello. (T) Weather. (T)

1.15 Sign Zone: Emma. (R) (T) 2.15 Sign Zone: MasterChef: The Professionals. (R) (T) 3.00 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.45 Mamma Mirabelle's Home Movies. (R) (T) 6.55 LazyTown Extra. (R) (T) 7.10 Pingu. (R) 7.15 Postman Pat: SDS. (R) (T) 7.35 Timmy Time. (R) (T) 7.45 Chuggington. (R) (T) 8.00 CBBC: Eliot Kid. (R) (T) 8.15 What's New Scooby-Doo? (R) (T) 8.35 Zombie Hotel. (R) (T) 9.00 Prank Patrol. (R) (T) 9.30 Frankenstein's Cat. (R) (T) 9.50 League of Super Evil. (R) (T) 10.00 Trapped. (R) (T) 10.30 Sam & Mark's Guide to Dodging Disaster. (R) (T) 10.40 Gastronoms. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Living in the Sun. (R) (T) 2.30 Animal Park. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (R) (T) 4.30 Are You an Egghead? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Andrew Marr's The Making of Modern Britain. A look back at Britain at the dawn of the 20th century. (R) (T) 8.00 Mastermind. Subjects include Leonhard Euler and Graham Greene. (T) 8.30 Autumnwatch 2009. Chris Packham and Kate Humble present a Halloween-themed adventure in Gloucestershire, while Simon King finds out about the wildlife that inhabits a London graveyard. (T) 9.30 Autumnwatch Unsprung. Discussion and analysis of subjects from the main programme. (T) 10.00 Gardeners' World. An update on Carol Klein's gardening class. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) Weather. (T) 11.35 Later with Jools Holland. (R) (T) 12.40 Medium. (R) (T) 1.20 Medium. (R) (T) 2.05 FILM: Films to Keep You Awake: Spectre (2006). Premiere. Horror, starring Juan Jose Ballesta. 3.25 Close.

C4

6.05 The Treacle People. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 The Track and Field Show. (R) (T) 9.30 Friends. (R) (T) 10.00 Friends. (R) (T) 10.30 FILM: The Land Before Time (1988). Animation, with the voice of Helen Shaver. (T) 11.50 Celebrity Life Skills. (R) (T) 12.00 News at Noon. (T) 12.30 Without a Trace. (R) (T) 1.20 FILM: The Thief of Bagdad (1940). Fantasy adventure, starring Sabu. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 Unreported World. Reporter Jenny Kleeman discovers how many Afghan refugees are using Turkey as a starting point to gain access to Greece, hoping to begin a new life in Europe. (T) 8.00 Jamie's American Road Trip. The chef meets unorthodox restaurateurs in New York. (R) (T) 9.00 Rude Tube. The 50 most popular video clips on the internet. (T) 10.00 Bill Bailey: Tinseltown. The comedian performs at Wembley Arena at the end of his 2007 UK tour, featuring his unique brand of humour and including films and animation by artist Joe Magee. (R) (T) 11.10 True Blood. (R) (T) 12.20 4Music: 4Music Sessions: Alphabeat. (T) 12.50 4Music: 4Play: RoxySopp. (R) (T) 1.00 Friends. (R) (T) 1.25 Friends. (R) (T) 1.50 FILM: Offside (2006). Premiere. Comedy drama, starring Sima Mobarak-Shahi. 3.25 Freesports on 4. (R) (T) 4.20 Beach Volleyball. (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake! Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 The Beeps. (R) (T) 6.40 Big School. (R) (T) 6.50 Peppa Pig. (R) (T) 6.55 Bert and Ernie's Great Adventures. (R) (T) 7.00 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) 8.50 Hana's Helpline. (R) (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Diet Doctors: Inside and Out. (R) (T) 12.40 Five News. (T) 12.50 How to Be a Property Developer. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Own Britain's Best Home: Flying Visits. (R) (T) 3.00 FILM: Lily Dale (1996). Period drama, starring Mary Stuart Masterson. (T) 5.00 Five News: Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 The What in the World? Quiz. Science-based panel show, hosted by Marcus Brigstocke. (T) 7.30 Five News Update. (T) 8.00 Brighton Beach Patrol. A gang of drunken juveniles causes problems; (T) 8.00 Five News at 9. 9.00 NCIS. Gibbs tries to find out why the agents are being forced to take polygraph tests, while Tony and Jeanne are held hostage by a drug dealer. (R) (T) 10.00 FlashForward. The future of Wedek's team is threatened. (R) (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 SuperCasino. 4.05 Great Ocean Adventures. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish: The Final. Anthea Turner joins judges Ed Baines, Jilly Golden and Jon Burton Race to sample the efforts of the three finalists, and guests William Sitwell, Mary Cadogan and Toby Young offer their comments before Mark Nicholas announces the winner of the third annual contest. This year the studio audience votes to decide which of the amateur cooks scoops the #10,000 prize and claims the honour of producing Britain's Best Dish. Last in the series. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Charity assures Carl that she has a few tricks up her sleeve as she begins her scheme to worm her way into Cain's affections. Sally moves back into Mulberry Cottage, and Nathan tries to make Leyla take the blame after he careers off the road while driving under the influence. (T)

7.30 Coronation Street. Roy finds Tony having a heart attack, and as doctors share their fear the factory boss is not going to make it through the night, he tries in vain to contact Maria. Molly is relieved when Kevin refuses to end their affair and instead suggests lying to Pam, while Jake takes extreme measures to persuade Michelle to go out with him. (T)

8.00 The Car Scrap Trap: Tonight. (T)
8.30 Coronation Street. As Tony suffers a second massive heart attack, he makes a shocking deathbed confession to Roy. Michelle is impressed by her date with Jake and begins to let her guard down, Leanne and Simon's Halloween trick on Peter puts the youngster in hospital, and Pam is convinced by Molly and Kevin's lie that their relationship is over. (T)

9.00 Benidorm. Gavin discovers that Troy is apparently cheating on him and the Oracle's tail tales get him into trouble with the police. A visit from Martin's mother Diana (guest star Una Stubbs) fails to raise his spirits, and Mel trades the boards with Madge at the Benidorm Palace. Comedy, with Hugh Sachs, Paul Bazely and Nicholas Burns. (T)

10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 FILM: Mad Max Beyond Thunderdome (1985). Sci-fi adventure sequel, starring Mel Gibson. (T)

12.30 Nightwatch with Steve Scott: Emergency. (R) (T) ITV News Headlines. 1.25 FILM: Wait Until Dark (1967). Thriller, starring Audrey Hepburn. (T) 3.10 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Antos Pello Contrário 2115 Pai à Força 2215 Jogo Duplo 2315 Driven, film 0115 Underworld: Evolution, film 0245 Amor e Intrigas 0430 Telesales 0545 Euronews

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 AFé dos Homens 1900 A Alma e a Gente 2000 Zig Zag 2045 Gary Unmarried, series 2115 National Geographic 2200 News 2240 Mad Men, series 2330 Diga Lá! Excelência 0030 Noites da Dois 0130 Palcos 0330 Bastidores 0400 Euronews 0500 Sociedade Civil

SIC

0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2130 M/F: Sairinhos em Casa 2300 Viver a Vida 0030 CSI: Miami, series 0130 NCIS, series 0230 Quando o Telefone Toca <channel>=TVI 0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2115 Euronews 2130 Meu Amor 2230 Deixa Que Te Leve 2315 Sentimentos 0000 Flor do Mar 0045 40 Days and 40 Nights, film 0230 Sempre a Somar 0400 NCIS, series 0530 Telesales

Best of the Rest

BBC3

7.00 Top Gear 8.00 Merlin 8.45 Merlin Secrets and Magic 9.00 Doctor Who's Greatest Moments: The Enemies 10.00 EastEnders 10.30 Don't Tell the Bride 11.30 Family Guy 11.50 Family Guy 12.15 Two Pints of Lager and a Packet of Crisps 12.45 Two Pints of Lager and a Packet of Crisps 1.15 Russell Howard's Good News 1.45 Don't Get Screwed 2.15 Don't Tell the Bride 3.15 Two Pints of Lager and a Packet of Crisps 3.45 Two Pints of Lager and a Packet of Crisps 4.15 Russell Howard's Good News 4.45 Don't Get Screwed 5.15 Merlin Secrets and Magic 5.25 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 BBC Proms 2009 9.35 Omnibus: Ronnie Scott and All that Jazz 10.35 Ghosts in the Machine 11.35 Spiral 12.30 Only Connect 1.00 1959: The Year That Changed Jazz 2.00 Film: West End Jungle 15 (1961) 2.50 1959 - A Panorama Guide 3.50 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Judge Judy 5.45 Black Eyed Peas: The Hot Desk 6.00 The X Factor 8.00 The X Factor 9.00 Film: Shaun of the Dead 15 (2004) 11.05 Peter Andre: The Next Chapter 12.05 Coronation Street 12.35 Coronation Street 1.05 Emmerdale 1.35 Ladette to Lady 2.30 Teleshopping 3.00 The Montel Williams Show 3.40 Teleshopping 5.40 ITV2 Nightscreen

Sky1

1.00 Project Runway 2.00 Bones 3.00 Cold Case 4.00 Brainiac:

Science Abuse 5.00 Futurama 5.30 Futurama 6.00 Ops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Gladiators: The Legends' Last Stand 9.00 Film: Beverly Hills Cop II 15 (1987) 11.00 UK Border Force 12.00 Road Wars 1.00 Road Wars 1.50 Inside: Surviving Prison 2.40 UK Border Force 3.30 UK Border Force 4.20 Don't Forget the Lyrics 5.10 Wedding SOS 5.35 Wedding SOS

GOLD

1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 Yes, Prime Minister 3.00 The Vicar of Dibley 3.40 The Brittas Empire 4.20 Whatever Happened to the Likely Lads? 5.00 One Foot in the Grave 5.40 Porridge 6.20 The Good Life 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Yes, Prime Minister 9.00 Blackadder II 9.40 Harry Enfield and Chums 10.20 Harry & Paul 11.00 Victoria Wood Live 1.00 Blackadder II 1.40 Harry Enfield and Chums 2.20 Harry & Paul 2.50 Close Up 3.00 Close

TCM

1.00 Rampage PG (1963) 3.00 The Good Guys and the Bad Guys PG (1969) 4.45 A Majority of One U (1961) 7.35 Montana PG (1950) 9.00 Spawn 15 (1997) 10.55 The Hand 18 (1981) 12.55 The First Deadly Sin 15 (1980) 3.00 Teleshopping 5.00 Rampage PG (1963)

The Disney Channel

Kids' programmes from 7am, except: 6.25 Film: The Haunted Mansion PG (2003) Comedy, starring Eddie Murphy. 8.00 Film: Wizards of Waverly Place: The Movie PG (2009) Fantasy adventure, starring Selena Gomez.

MOVIES

Sky Movies Drama

6.00 Cleaverville 12 (2007) 7.30 The Glenn Miller Story U (1953) 9.30 A Soldier's Story 15 (1984) 11.15 Loving Soldier (PG) (2009) With Lauren Ambrose. 1.00 Cleaverville 12 (2007) With Ever Carradine. 2.30 The Russell Girl 12 (2008) With Amber Tamblyn. 4.15 Front of the Class 12 (2008) With Jimmy Work. 6.00 What Dreams May Come 15 (1998) With Robin Williams. 8.00 No Reservations PG (2007) With Catherine Zeta-Jones. 10.00 American History X 18 (1998) With Edward Norton. 12.00 And Justice for All 18 (1979) With Al Pacino. 2.10 The Grifters 18 (1990) With John Cusack. 4.10 On Broadway 12 (2007)

Sky Movies Comedy

6.00 Baby Mama 12 (2008) 7.45 Bowfinger 12 (1999) 9.25 Summer of George 12 (1991) 11.10 Fantastic Mr Fox Special 11.40 Balls of Fury 12 (2007) With Dan Fogler. 1.15 Good Luck Chuck 15 (2007) With Dane Cook. 3.00 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 4.30 Baby Mama 12 (2008) With Tina Fey. 6.15

Smokey and the Bandit II PG (1980)

With Burt Reynolds. 8.00 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 9.25 Good Luck Chuck 15 (2007) With Dane Cook. 11.10 Balls of Fury 12 (2007) With Dan Fogler. 12.45 Bowfinger 12 (1999) With Steve Martin. 2.30 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 3.55 Alex Zane's Guest List 4.25 Houselighter PG (1991)

Sky Movies Action/Thriller

6.30 Twilight 15 (1998) 8.20 Knight Rider 2000 12 (1991) 10.00 Billion Dollar Brain PG (1967) 12.00 Twilight 15 (1998) With Paul Newman. 1.40 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 3.40 Breach 12 (2007) With Chris Cooper. 5.40 Knight Rider 2000 12 (1991) With David Hasselhoff. 7.25 Butterfly on a Wheel 15 (2007) With Pierce Brosnan. 9.00 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 11.05 The Glimmer Man 18 (1996) With Steven Seagal. 12.40 Butterfly on a Wheel 15 (2007) With Pierce Brosnan. 2.20 The Krays 18 (1990) With Gary Kemp. 4.25 Billion Dollar Brain PG (1967)

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SPORT

Sky Sports 1

6.00 Live European Tour Golf. The Singapore Open. 9.00 Live World Match Play Championship Golf. Day two at the Finca Cortesin Golf Club in Castares, Spain. 12.00 ATP Tour Uncovered 12.30 Carling Cup Football 1.30 Premier League World 2.00 Live World Match Play Championship Golf. Day two at the Finca Cortesin Golf Club in Castares, Spain. 5.00 FIFA Futbol Mundial 5.30 Premier League World 6.00 Football League Weekend 7.00 Premier League Preview 7.30 Live Football League. Queens Park Rangers v Leicester City (Kick-off 7.45pm). 10.00 Live Friday Night Football. Kell Brook v Michael Jennings. 12.00 Football League 1.30 Premier League Preview 2.00 Friday Night Football 4.00 Football League 5.30 Premier League Preview

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Polocrosse 9.30 Carling Cup Football 10.30 Victory Shield Football 12.30 Polocrosse 1.00 The Rugby Club 2.00 Victory Shield Football 4.00 Carling Cup Football 5.00 World Sport 5.30 Rugby Union 7.30 Live Championship Rugby Union. Bristol v Coventry (Kick-off 7.45pm). 10.00 Premier League Preview 10.30 Football League Weekend 11.30 Championship Rugby Union 1.00 Rugby Union 3.00 Live European Tour Golf. The Singapore Open.

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 ATP Tour Uncovered 7.30 Live Rugby Union. A semi-final from the Air New Zealand Cup. 9.30 The Rugby Club 10.30 Fowlingbat 11.00 Premier League Knockout 2.30 Rugby Union 4.30 WWE: Raw 6.30 Tight Lines 7.30 Golf Night 10.00 WWE: Late Night - Smackdown 12.00 World Sport 12.30 Golf Night 3.00 Polocrosse 3.30 Championship Rugby Union 5.00 Race World

British Eurosport

7.30 Inside WTC 8.00 WTA Tennis 9.15 WTA Tennis 9.30 Under-17s World Cup Football 10.30 Under-17s World Cup Football 11.30 Under-17s World Cup Football 1.00 WTA Tennis 2.00 WTA Tennis 2.05 Live WTA Tennis. Day four of the WTA Tour Championship. 5.30 Eurogals Weekend 5.40 Live WTA Tennis. Day four of the WTA Tour Championship. 7.15 WTA Tennis 7.30 WTA Tennis 9.00 Under-17s World Cup Football 10.30 F1: The Factory 11.00 Freeride Spirit Show 11.15 ATP Tennis 12.30 Close

Sky Sports Xtra

7.00 WWE: Raw 9.00 Premier League News 11.00 Racing News 11.30 Polocrosse 12.00 FIA GT Championship 1.00 Show Jumping 2.00 Premier League Years 4.00 FIA GT Championship 5.00 NFL: Total Access 6.00 Adrenaline Adventures 6.30 Polocrosse 7.00 British Ice Hockey 9.00 World Sport 9.30 Polocrosse 10.00 Premier League Years 12.00 WWE: Bottom Line 1.00 Tight Lines 2.00 British Ice Hockey 4.00 Premier League Years

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IGREJA DA SRA. DOS NAVEGANTES, CASCAIS

Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel: 21 467 3771

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11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Local

tion: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esqueira (Aveiro)

Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel: 965-363-986.

RIVERSIDE INTERNATIONAL CHURCH

Office: Rua São José 178, 1st dto, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N.º 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 10:30 in English and 18:00 on Portuguese. Creche, children and youth ministries provided.

THE DOOR Christian International

Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm - all welcome. For

more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEL OF ST. PIUS X: PRIORADOS. PIO

X, Estrada de Chelas, 31, 1900 Lisboa. Tel: (21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON

(Church of England), Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel: 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church

of England), Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril), Sunday School. Service 9.30 am every Sunday. Tel: 21 4692303.

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368 Rua do Murtal, Mass each Sunday and Holyday 10.30am Tel: 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Ariaga,

13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrews.lisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH

Av. de Sintra, N.º 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON

Rebolreira Corps (Praceta Almada Negreiro, Lote 213 Loja Dto do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these Corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

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Cascais) Rua Carlos Santos 88, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in

English. Rua João de Deus, 76, Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection. Also Rua da Barroca, 122 (Bairro Alto), Lisbon, Sunday 11am. Tel: 213 421 604.

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Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 438860/1905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevinda.org

THE SALVATION ARMY in São Bras de

Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 6pm, Rua 25 de Abril, n.º 19 (next to the Market).

CATHOLIC MASS every Sunday partly

in English - 11am. at St. Lourenço Church - Almancil - 6.30pm. at Four Seasons Country Club - Quinta do Lago - Almancil. Further information, Griselinda Neto on 966168120 or Vitor on vgn@dompor.com.

INTERNATIONAL CHRISTIAN FELLOWSHIP

International Christian Fellowship in Portimão. Sundays at 11am. * Sunday School for Children in English & Portuguese * Avda 25 de abril 17 r/c-d, Portimão * opposite public swimming pool (piscina municipal) * Tel 282 461 985. Website: www.coa.co.uk/icf.htm

LIVING HOPE BAPTIST CHURCH

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5 Travessa de Santo Amaro, Lagos, Tel. 282-086804 or 282-697546, www.icc-lagos.org.

THE EVANGELICAL BAPTIST CHURCH

of Lagos: invite you join us in our English language Service at 6pm, every Sunday. Find us at: Urb Villa Praia da Ana, Lote 11b. Lagos (Nr. Hotel Gofinho) For more information, please contact Jack MacLeod on 282 768 088, Mob. 964914188

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TAVIRA CHRISTIAN CENTRE

Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Steve 917 872 665 and 917 872 559 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

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in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembreiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. School Tuesday 7.30pm Tel: 282 485 495. (Chinese: Saturday 4pm) No collection. Also Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 10.15 am. School Wednesday 7.45pm Tel: 282 339 372.

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has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto (across from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit www.NovaAurora.com, call 220 994 785 or send an SMS to 917 112 736.

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JEHOVAH'S WITNESSES - Public Talk in

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Upward Glance
with Joyce Voelker

Expectancy in Prayer

"If you...know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!" Matthew 7:11

Author Cindy Hess wrote recently about a lesson she learned from a pool of goldfish in her back yard. She describes tiptoeing across her deck with a handful of cheerios, trying to sneak up on the fish. Her attempts were not successful, however. Perhaps it was her shadow on the water they saw, or maybe their hyper-sensitivity to sound or vibrations nearby alerted them to her approach. As she reached the edge of her deck, 15 enormous goldfish raced toward her with their mouths frantically opening and closing in eager anticipation of an expected treat. I've seen that same eager reaction when sprinkling fish food into an aquarium.

Cindy should not have been surprised. The fish had received similar treats from this homeowner many, many times before. Her mere presence near

the pond set off a conditional response in their tiny fish brains. They had been conditioned to believe that she would have something special to give them.

How different would our lives be if we approached our relationship to God through prayer in a similar manner? From our past experiences and our study of His Word, we know that He delights in giving good things to His children. William Carey, well known missionary said: "Expect great things from God. Attempt great things from God."

When God's children are living and walking in faith, we can have an exciting expectancy and a quiet confidence that God will give us exactly what we need, when we need it. (Matthew 7:8-11) In reality, praying without expectancy is unbelief in disguise.

*More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_godpage

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CASA-IS a local social group established over 20 years. We are a friendly group who have a monthly newsletter and have at least one activity per month. These are usually dinners at local venues. We have an annual trip to either Spain or Portugal and various other activities. We are open to everyone. If you would like more information or a sample newsletter why not give Mary a call on 282 357 275.

OPORTO LADIES GUILD Christmas Bazaar

Saturday 14 November 2009 at 2.30 p.m.
Oporto Cricket & Lawn Tennis Club, Rua Campo Alegre 532, Porto.
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CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop, Tavira Christian Centre, 126, Rua Almirante Cândido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-brac, Books. Open Wednesdays, 2.30-4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

APAA CHARITY SHOPS.
Cerro Grande, Albufeira open Tuesday to Saturday 10.30am to 2pm. Dunas de Alvor open Tuesday to Sunday 10.30am to 2pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help stray and abandoned dogs and cats.

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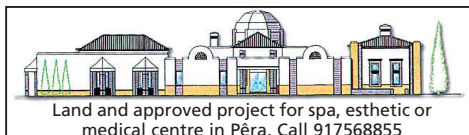
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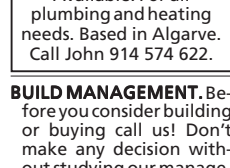
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Portimão track goes back in time

The Algarve Motorpark (AIA), in partnership with F5 Eventos, hosted the Algarve Historic Festival the past weekend, attracting thousands of motoring aficionados to the track in Portimão.

The classic cars festival was organised with the aim of becoming the biggest in the Iberian Peninsula, in terms of participants as well as the number of categories.

A total of sixteen races were programmed in twelve different categories, with a total of 320 teams registered for the event.

The highlight for many during the weekend was Sir Stirling Moss's appearance, who, despite being 80 competed in a two-hour race, finishing 13th in the end.

Besides the teams competing,

several car meets were staged and parades were also held.

Paulo Pinheiro, CEO of the AIA, said before the event: "We want to be the stage for all types of events. The historic cars have a great following and I'm sure the event will attract a large number of fans to the racetrack and to the region. It is an event with a huge international impact and we want it to be the biggest of its kind in the Iberian Peninsula."

The Algarve Historic Festival attracted 252 drivers to Portimão, who together represented 20 different nationalities.

Lisbon, Madrid present joint World Cup bid, promising 'happiest ever' event

Portugal and Spain have this week presented their joint bid to host the World Cup football championship in either 2018 or 2022, saying they wanted to organise "the best and happiest" event ever.

Under the slogan "Two peoples, only one objective", the Iberian bid was delivered to FIFA president Joseph Blatter in Zurich by the heads of the Portuguese and Spanish football federations and the two countries' sports secretaries.

"The governments and the people, are also engaged in this project", they said in their letter to FIFA, promising to deliver "the best and the happiest World Cup ever organized".

The joint Iberian bid is one of 11 accepted by FIFA, which will

announce its choice of hosts for the 2018 and 2022 events in December.

It was later confirmed that Portugal and Spain are planning to invest up to €7 million to lobby for their joint bid to host either the 2018 or 2022 football World Cup. The head of the Spanish football federation, Angel Maria Villar, said Spain would cover 60 percent of the €6 million to €7 million campaign budget.

Gilberto Madail, president of the Portuguese federation, said he would be looking for "partnerships" with the government and the private sector to assure Portugal's 40 percent share.

Madail said FIFA president Joseph Blatter had recognized the Iberian neighbours had "great organisational capacity, with

Superbikes return to Portimão



With three titles to be decided this weekend at the Autodromo Internacional do Algarve (AIA) in Portimão, organizers are expecting a record turn-out for the event.

The ultra-modern circuit, which opened 12 months ago with a Superbike championship race, will this week be the focus of the world of motorsport as three categories are still seeking a champion at what will be the final race of the season.

The Superbike, Supersport and European Superstock 600 titles will be up for grabs, with the highlight expected to be the fight between Noriyuki Haga (Ducati Xerox) and Ben Spies (Yamaha World Superbike) – who will be racing in the Moto GP next season.

The home team, Parkalgar Honda is in the running for the Supersport title and will be looking to Eugene Laverty, who is currently second in the title race, and Portuguese rider Miguel

Praia to give the home crowd something to cheer about.

Officials at the track told The Portugal News this week that a record crowd is expected, with 50,000 spectators set to fill the seats around the track.

Fortunately, purchasing an uncovered seat should not pose any problems, as no rain is forecast for the western Algarve this weekend.

Portugal handed Bosnia play-off

Portugal's hopes of qualifying for the World Cup in South Africa next year will hinge on two matches they will be playing against Bosnia next month.

The first match, on Saturday November 14 will be in Lisbon at the Estádio da Luz followed by the return leg four days later the former Yugoslav republic.

Some controversy surrounded the selection of the venue, with FC Porto chairman Pinto da Costa calling for the match to be staged in the North.

In the remainder of the draw, France were drawn against the Republic of Ireland, Greece will face the Ukraine while Russia will play against Slovenia to decide which are the four remaining European teams that will be present at next year's 2010 World Cup in South Africa.



Portuguese rider Miguel Praia

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Westwood clinches Portugal Masters title

England's Lee Westwood ended a two-year drought on the professional tour by winning the third Portugal Masters after some brilliant strokes in the final round.

The 36-year old Englishman announced his return this weekend with his 19th victory on the European Tour with a storming

final round to win with a total of 23 under for the four rounds.

Italy's Francesco Molinari, the leader on the first two days, had to settle for second, ending two shots off the pace in one of Europe's richest events with a purse of 3 million euros.

Lee Westwood praised the crowd, and said that he felt like

he was "playing in England".

The crowds at the event were also the best ever, with almost 38,000 tickets being sold for the four days, with more than 10,500 people paying to see the final round on Sunday.

In 2008, a total of 28,461 spectators attended the event at the Oceânico Victoria Golf Course in Vilamoura, which in turn was up about 4,000 from the inaugural event staged in 2007.

Speaking to reporters after his win, Lee Westwood said: "It feels great. It's obviously been over two years since the last win, and yes, you do start to doubt yourself a little bit when you get into contention and don't finish it off.

"So it's nice to get back on the winning trail. And looking forward to the rest of the season, now I'm leading the Order of Merit, but that could change next week.

Speaking of his 'miracle' put on the 17th, when he sank what appeared to be a near unplayable chip from about 35 yards out from behind some dense trees, he said: "I can't think I've ever played a better chip and I don't ever want to play one again. Looking through the trees, I could see water, so no, it wasn't a very good lie, because the crowd had been walking around there as well on that green and obviously came out perfect."



Britain's Lee Westwood kisses the trophy after winning the Portugal Masters golf tournament at the Oceanico Victoria golf course in Vilamoura 18 October. Photo: Lusa / Luis Forra)

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